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BROKEN LANCE

EMBATTLED FORMER CYCLIST IS DUMPED BY SPONSORS AND STEPS DOWN AS CHAIRMAN OF HIS ANTI-CANCER CHARITY, LIVESTRONG PAGE 64

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Toronto Raptors forward Amir Johnson, left, battles for the ball against Washington Wizards guard Bradley Beal in Toronto on Wednesday. Johnson added 13 points to the Raps' 104-101 victory. It was a close game that saw 12 lead changes by the fourth quarter. For the full story, see page 64 NATHAN DENETTE/THE CANADIAN PRESS

Paralysis gets sex offender out of jail time

Crippling accident.
Man wins appeal after conviction in sex assault of landlord's daughter

It was a short case that ended in a jury conviction: A man renting the basement in a family home who had sexually assaulted a preteen girl upstairs over the better part of a year would be going to prison.

Except for one wrench in proceedings — the GTA man had become a quadriplegic before the allegations ever came to light, when a car he was in, driven by the victim's mother, was in a serious accident.

Those circumstances made way for a Toronto criminal defence lawyer to successfully argue last week his client's 30-month prison sentence for five counts of sexual assault was "harsh and excessive."

A publication ban prevents disclosing any information identifying the victim, including the name of the accused. The sexual assault occurred between October 2006 and July 2007. According to the facts outlined in the appeal decision, instances of assault escalated from touching of the breasts to oral and anal sex.

Defence lawyer Paul Calarco brought evidence the convicted man, in his 40s, needs constant care to perform basic bodily functions, is in severe pain and requires regular therapy and daily administration of several medications, including opiates.

"Certainly the physical disability of a person has to be a major factor in sentencing," Calarco said. For the appeal, the defence "produced significant new medical evidence" to argue for the more lenient sentence, he added.

A panel of justices at the Ontario Court of Appeal agreed the sentence was "demonstrably unfit" in a recently released decision.

The man's jail time was reduced to a conditional sentence to be served in the community under house arrest for two years less a day. TORSTAR NEWS SERVICE

One woman's school fight

A court challenge against Catholic-school funding is led by a Toronto woman PAGE 3

Autistic kids forced to wait

Metro special feature: IBI therapy providers grapple with huge waiting lists PAGE 12

Child saved in pedophile bust

Operation Snapshot spanned five provinces, intercepting the sharing of child porn PAGE 19

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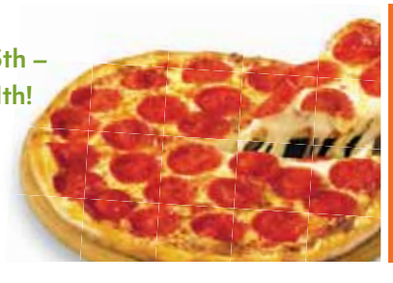

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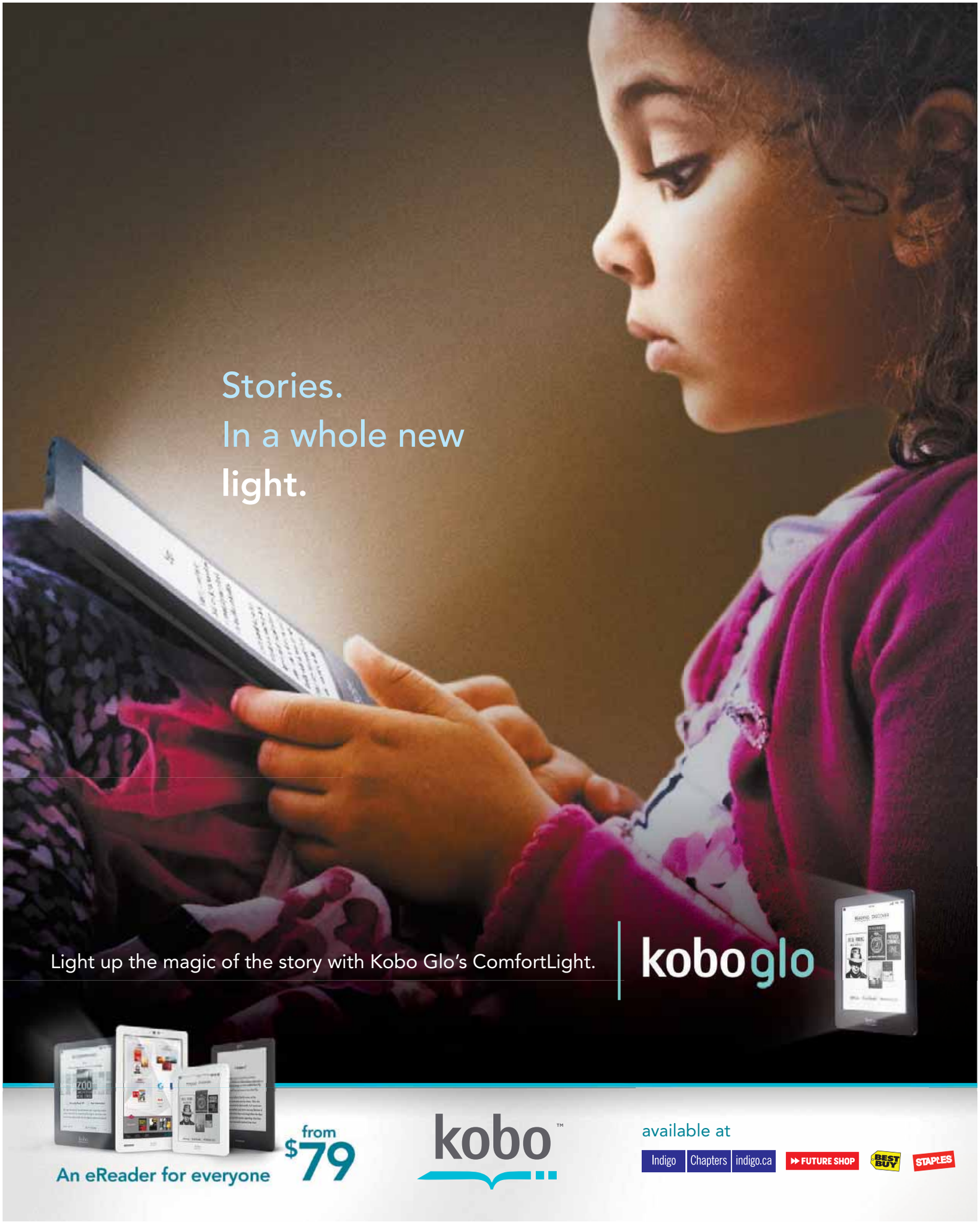
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Anti-bullying legislation

New law could be tested soon, judge says

The province may soon be defending its new anti-bullying legislation in court, according to the judge in Reva Landau's case.

In a discussion on how the Canadian Charter of Rights and Freedoms applies to Catholic school boards, Justice David Corbett said the new anti-bullying law is a "controversial" political issue that may well become a legal challenge, in which Catholic schools and "the secular values in the Charter may collide."

The anti-bullying legislation protects students from homophobic and transphobic bullying and ensures schools allow gay-straight alliance clubs. Corbett has experience with the laws that govern Ontario's Catholic schools.

He represented gay teenager Marc Hall, who brought the Durham Catholic District School Board to court in 2002 because his school wouldn't allow him to bring his boyfriend to prom.

T.O. woman challenges Catholic school funding

Superior Court case. Reva Landau, who is representing herself, argues public support should be reduced to formula used in 1867

JESSICA SMITH
jessica.smith@metronews.ca

A Toronto woman waging a single-handed court battle against public funding for Catholic schools fought to keep her case alive on Wednesday.

Reva Landau is representing herself, without co-counsel. She has a law degree, but has never practised in the province.

Landau is arguing that the court should reduce Catholic school funding to the same formula used in 1867, which she says would eliminate public funding for Catholic high schools and restrict elementary school funding to contributions from the property taxes of Catholic landowners.

"Only Roman Catholics get the chance to send their children to a school that promotes their philosophies without having to pay any extra out of their pocket," she said in an interview. "If we live in a multicultural society, does that seem fair, does that seem just?"

Given the choice, she would prefer to see Catholic schools be completely unfunded, but that would require action from the Legislature, she said.

On Wednesday, Landau argued against a motion from the government's lawyers to dismiss her challenge before it goes to trial.

Justice David Corbett said one of the things he must decide is if she is capable of proving her case competently. He pointed to a problem with the way she cited history textbooks as factual evidence, without an expert who can attest that the books are reliable historical record.

Landau said she would fix that problem at trial, and blamed the error on the small amount of free legal advice that she had received.

Nevertheless, Justice David Corbett said the factum she wrote was "excellent."

The government is also challenging her standing in the case, arguing that she is not involved in the Catholic education system and is only interested as a taxpayer.

Landau told reporters that's an important role, because her research shows Catholic schools get more funding per student than secular schools.

Landau is expected to continue her arguments on Thursday.

Reva Landau speaks to media about her position on Catholic school funding outside court on Wednesday. JESSICA SMITH/METRO

Landau's legal argument

- Reva Landau argues the existence of Ontario's publicly supported Catholic schools, funded as they were in 1867, is protected by the Constitution but legislation that funds Catholic schools today is vulnerable to a Charter challenge.
- She argues Catholic high schools in 1867 didn't have a right to funding and elementary school funding was limited to portions of the property taxes paid by Catholic landowners and businesses located close to the school.

Provincial cutback likely to leave more people homeless

A $21 million provincial cut to homelessness prevention funding in Toronto will make it harder for thousands of poor residents to stay out of shelters, residents and community advocates say.

The biggest chunk of the cut, $12.8 million, is from the province-wide elimination of a program that gave up to $1,500 every two years to families that were facing eviction, in danger of having their utilities cut off, fleeing domestic violence, moving from shelters or unsafe housing, or unable to replace bedbug-infested furniture or broken appliances.

In 2013, Toronto will offer a similar benefit itself — but with far less provincial money available, the city will give priority to the people considered "most vulnerable." Others may get less or nothing at all.

"The bottom line is that one of the primary tools people have had to help stabilize their tenancies and prevent eviction is gone," said Linsey MacPhee, manager of the Toronto Drop-in Network. TORSTAR NEWS SERVICE

City audit. Cabbies, burlesque dancers collected welfare

Toronto's auditor general has found that $20 million of welfare was collected by people with business licences in the city.

The audit revealed that social assistance payments went to 1,539 business licencees, with nearly half of those registered as taxi drivers. The other licencees were registered in a variety of professions including holistic practitioner, burlesque entertainer and dining establishment operator.

The review looked at 30 of the cases, and found the majority had not reported their businesses to social services. The report does not say whether any income was generated from the businesses by those collecting welfare during this period.

Toronto and Ontario collectively paid $915 million in social assistance payments to 274,000 people in 2011. THE CANADIAN PRESS

MADD CEO decries councillors' support for Bailao

Facing charges. Councillor to plead not guilty to drunk driving

Ana Bailao TORSTAR NEWS SERVICE

The CEO of MADD Canada says it is "deplorable" that some city councillors publicly stood beside a teary-eyed Ana Bailao as the politician announced she intended to plead not guilty to impaired driving charges.

"It sends a message to the Toronto public — which I can tell you that constituents do not support — that it's okay to drink and drive in Toronto and it's a mistake if you get caught," said Andrew Murie. "To be blunt, I think it's deplorable."

Speaking publicly for the first time since her arrest early Tuesday morning — and flanked by a handful of councillors from the left and right — Bailao thanked her constituents, colleagues, family and friends for their support.

"I am confident I will be able to demonstrate their faith in me is not misplaced," she said. "These charges will in no way affect my ability to do the job I was elected to do. I intend to plead not guilty. I assure you that I am taking these charges very seriously and I will continue to cooperate with the legal process."

TORSTAR NEWS SERVICE

Accountability

"I'm sick and tired of people discounting the seriousness of impaired driving ... If I'm a true friend I'm going to say to her: 'Be a leader. Be accountable.'"

Andrew Murie

Gala showcases Indigenous expression

Shane Belcourt, filmmaker and board of director for imagineNATIVE Film + Media Arts Festival, with Alanis Obomsawin at the Gala presentation of Obomsawin's latest film, The People of The Kattawapiskak Ri on Monday. The film opened the 13th edition of the festival, which features the latest works by Indigenous artists.

CONTRIBUTED

Budget crunch. Mississauga user fees set to soar with unanimous agreement

Mississauga council felt more like an auction Wednesday, as councillors approved preliminary user-fee hikes, item-by-item, to deal with the city's looming budget crunch.

"We're sitting here increasing it up to $2,100," Coun. Pat Saito said as council discussed the fee for approving division of a piece of land into multiple lots. "We're still thousands and thousands of dollars below what our neighbours are charging."

Instead of following a staff recommendation to increase the fee incrementally, why not jump to the proposed amount for 2016 — $2,500 — right now, Saito urged.

The words had barely rolled off her tongue before councillors participating in the early budget meeting voted unanimously to do just that.

When recreation fee increases came up, councillors once again voted unanimously to raise fees on items such as a monthly aquatic centre pass. Currently $15, it will rise to $20 next year, a 33 per cent hike.

While a laundry list of increases on everything from marina fees to cemetery charges was approved with great support, Mayor Hazel McCallion spurred council on with warnings about the city's financial crunch. "I've got to tell you, folks, we've got to get our operational costs in line with other municipalities."

TORSTAR NEWS SERVICE

Standoff. Former councillor faces charges of kidnapping, confinement

Robert Lutczyk CONTRIBUTED

Former Oshawa city councillor Robert Lutczyk has been identified and charged after a kidnapping and 27-hour standoff with Durham police in Whitby.

Lutczyk appeared in court through a video screen with bags under his eyes to face seven charges, including kidnapping using a restricted firearm, forcible confinement and pointing a firearm. He will remain in custody for a bail hearing Thursday. The evidence is under a publication ban.

Lutczyk was also charged with uttering threats to cause bodily harm, fleeing police, dangerous operation of a motor vehicle and using a firearm in the commission of an offence.

The surrender at 5 a.m. brought to an end a bizarre incident that began with Monday's abduction and subsequent escape of Oshawa's city solicitor, David Potts. Potts was taken at gunpoint from his home after a city council meeting. TORSTAR NEWS SERVICE

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Bitten mail carrier

Dangerous dog designation upheld for Chihuahua

A 1.3-kilogram Chihuahua from Windsor, Ont., has been designated a dangerous dog.

The title came after a mail carrier alleged she was bitten on the ankle by the pint-sized canine on Aug. 23.

On Wednesday, the Windsor Licensing Commission rejected an appeal to the designation by Molly's owner, Jason Scott.

As a consequence of the designation, the Chihuahua has to be muzzled when it's outside, and have a microchip implanted that identifies Molly as a dangerous dog. Scott must also get at least $1 million in insurance coverage. THE CANADIAN PRESS

One of only 11 bottles

Rare bottle of scotch could fetch record bid

A bottle of one of the rarest single malt scotches in the world is going under the gavel this weekend in Toronto, along with plenty of fine and rare wines.

The 55-year-old bottle of Glenfiddich Janet Sheed Roberts Reserve is one of only 11 bottles. Valued at $50,000 to $70,000, it's hoped the bottle will establish a Canadian record for the most expensive bottle of scotch sold when it's auctioned off on Friday night, the Liquor Control Board of Ontario said in a release.

Other rare wines valued at a combined $2.3 million will also be up for bid at the two-day event. THE CANADIAN PRESS

Upgraded charge

Mother charged with murder in daughter's death

A Toronto mother accused in her daughter's death now faces an upgraded charge of first-degree murder.

Cindy Ann Sherry Ali, 42, was charged last year with manslaughter and several other offences in the death of her 16-year-old daughter Cynara.

Cynara Ali SUPPLIED

The teen died in hospital in February 2011. The cause of death has not been released. THE CANADIAN PRESS

McGuinty wants new leader 'sooner rather than later'

The next premier. Incumbent urges Liberals to elect a successor by early 2013

Premier Dalton McGuinty has told Liberal brass he wants a leadership convention "sooner rather than later."

In a Tuesday night conference call — 27 hours after the surprise announcement he was resigning — McGuinty urged the party executive to elect a successor by early next year.

Liberal executive council members will hold another conference call this weekend and have called a meeting for Nov. 17 to review "rules of procedure for leadership election meetings and other leadership related items," such as entry fees and tithes, according to a party email.

"Executive council has passed a motion to declare electoral urgency that will allow for an accelerated leadership," Derek Teevan, the party's executive vice-president, said in an email to Grits.

Because McGuinty's replacement will be chosen in a delegated convention — which could be held Jan. 25-27 depending on the availability of a large venue — only about 2,500 Liberals will cast ballots.

Those delegates — 15 from all 107 Ontario constituencies plus riding association presidents — must be elected at selection meetings to be held around the province. TORSTAR NEWS SERVICE

Potential candidate

Not on the 16-person conference call were Ontario Liberal president Yasir Naqvi, who has withdrawn from such deliberations while he considers a leadership bid, and his wife, Christine McMillan, a party vice-president.

- "I'm seriously considering the possibility of running and it's only necessarily to be fair," Naqvi, the MPP for Ottawa Centre, said Wednesday.

Yasir Naqvi MPP for Ottawa Centre and president of the Ontario Liberal Party speaks with media following a Liberal Cabinet meeting at Queen's Park on Tuesday. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Protest. Teachers urged to keep report card comments to a minimum

The Elementary Teachers' Federation of Ontario has advised members to write only the minimum comment required — a single sentence for example, as opposed to a paragraph — on upcoming report cards across the province.

The move is the latest step in a bid by teachers to withdraw voluntary duties as a way to oppose a controversial wage-freeze law that also curbs their bargaining rights.

But it may leave great gaps on the new breezy, chatty fall progress reports launched across Ontario two years ago that deliberately dropped marks such as A, B and C for more commentary by the teacher.

The union has not made the advisory to its members public. Sources said members are encouraged to use their professional judgment as to how much they write, but they might wish to provide the mere minimum comment, which could be one sentence.

It does suggest teachers still check off the boxes that indicate how a student is doing in each subject — progressing "with difficulty," "well" or "very well" — and whether a student's learning skills and work habits are E for excellent, G for good, S for satisfactory or N for needs improvement.

Teachers still will meet with parents for one-on-one parent-teacher interviews about the report cards, which union president Sam Hammond has said is not a volunteer activity.

"I think, as long as they still hold parent-teacher meetings, that's what really makes a difference," said Annie Kidder, spokesperson for the advocacy group People for Education. "I know some people won't be happy with fewer comments on report cards, but really, it's a way of expressing dissent over a very strong — some might say ham-fisted — bill without having a direct impact on students." TORSTAR NEWS SERVICE

Just a suggestion

A union source said teachers are always free to write more, and indeed might well do so if they feel a student has challenges and there has been little contact with parents.

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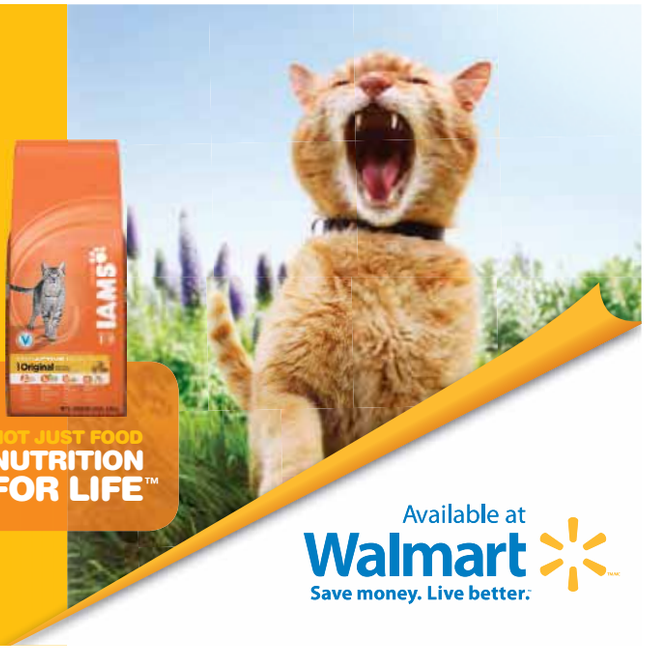

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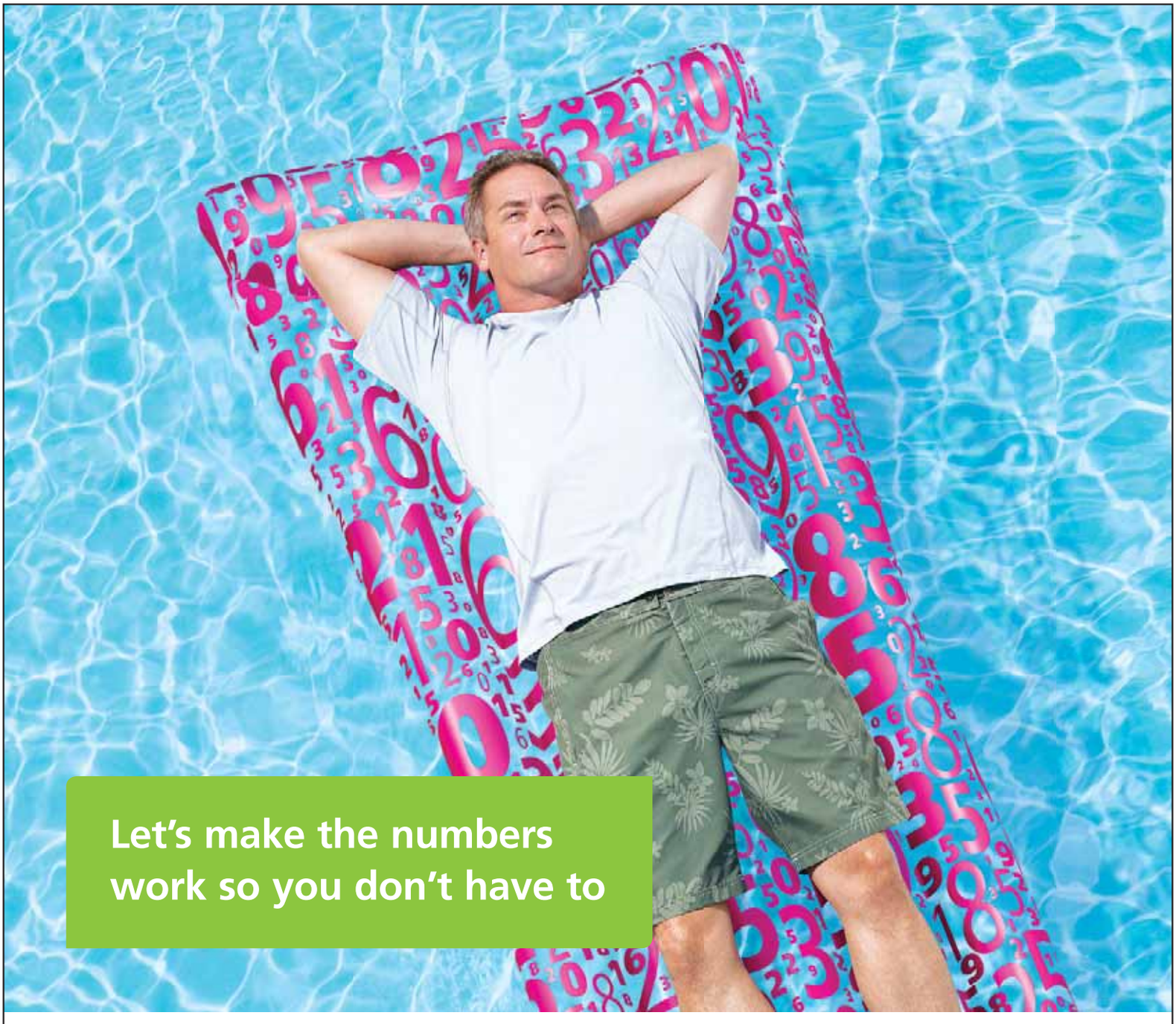

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XL takeover restores joy to Alta. city

Beef-recall aftermath. 'That's positive news,' says elated mayor of Brooks, whose hopes are high for plant's laid-off workers

Weeks of worry and uncertainty in a southern Alberta community hit by the XL scandal turned in a single moment to a wave of optimism.

It came with word that a U.S. company is taking over the plant at the heart of the recent beef recall.

JBS USA, a subsidiary of Brazilian-based JBS S.A., surprised almost everyone Wednesday with a late-afternoon news release announcing it has assumed management of XL Foods in Brooks, Alta.

From its headquarters in Greeley, Colo., JBS said it has an exclusive option to buy the Canadian and U.S. operations of the company.

"We know full well the commitment it takes to manage world-class operations that produce safe and nutritious products for consumers around the world," said Bill Rupp, president and chief operating officer of JBS USA.

"We believe our experienced team will prove an invaluable asset in the management of XL Lakeside and we look forward to exploring our options to purchase XL assets in the near future."

It was an unexpected development in a dramatic saga that began last month when the Brooks plant — one of Canada's largest beef processors — was closed over E. coli contamination.

Earlier, Brooks Mayor Martin Shields said the community has been in turmoil over the troubles at XL Foods. By suppertime, he was elated.

"That's positive news," he said. "This means the plant is going to be back in operation."

THE CANADIAN PRESS

Taking a trip to court

Two lawsuits, including a class action, have been filed in British Columbia related to the XL Foods beef recall.

- **One.** Vancouver resident Erin Thornton has filed a statement of claim in B.C. Supreme Court proposing a class-action lawsuit for people who fell ill from E. coli and those who had to throw out recalled beef.
- **Two.** A lawsuit was filed on behalf of 15-year-old Cody Farmer from Nanaimo, B.C., who allegedly required surgery after he was exposed to E. coli.

For a young suspected crack addict, help is at hand

Is he ashamed or just trying to hide his identity? This young suspected crack user is escorted by a welfare worker to a van that will take him to a shelter near the Parque Uniao slum in Rio de Janeiro, Brazil, on Wednesday. Health officials are locating hundreds of crack addicts suddenly left without drugs after police occupied the city's dangerous slums this week. FELIPE DANA/THE ASSOCIATED PRESS

Baby blues. Childless couples seek docs' help

Almost one in seven Canadian couples trying to have a child seeks medical help to conceive, including using in vitro fertilization, says a Statistics Canada report released Wednesday.

Age was a big factor: data show couples in which the woman was aged 35 to 44 were two to three times more likely to seek help than were couples in which the woman was 25 to 29.

The survey also found childless couples were four to five times more likely to seek medical assistance than were those with at least one child.

More couples are delaying childbirth. Since 1984, the percentage of first-born children with mothers aged 35 or older has tripled to 11 per cent, the report says.

THE CANADIAN PRESS

Some hangover! 50-day binge sparks midair flap

A Ukrainian man, hung over from a 50-day drinking binge, sparked an uproar on a Delta Air Lines flight and had to be wrestled to the floor by passengers, it's alleged.

Anatoliy N. Baranovich, 46, woke up during the plane's descent to Salt Lake City, started yelling in Russian and tried to open the rear exit door, damaging the plane's fuselage, a criminal complaint says.

According to the document filed in court, Baranovich had been visiting family in the Ukraine for several weeks in an attempt to begin construction on a house.

Unsuccessful, he instead got drunk for the entire 50 days and "never sobered up."

A detention hearing has been scheduled for Friday.

THE ASSOCIATED PRESS

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Evacuated. U.S. Embassy in Stockholm receives unknown powder in mail

The U.S. Embassy in Stockholm was evacuated Wednesday after receiving a letter containing an unknown substance, police said.

Bomb-disposal experts were sent to the embassy to remove the letter and analyze its contents. Streets around the embassy were closed but reopened after police had removed the letter.

Police declined to give details on the content, but spokesman Daniel Granstrom told Swedish tabloid Expressen it contained some kind of "powder." Asked if the substance was dangerous, he said "it may have been dangerous, but it's not dangerous now."

An embassy spokesman said the embassy was evacuated and that officials were investigating "a possible security incident."

THE ASSOCIATED PRESS

Swedish police and emergency workers arrive at the U.S. Embassy in Stockholm on Wednesday to investigate a suspicious package.

CLAUDIO BRESCIANI/THE ASSOCIATED PRESS

Human Rights Watch. Libyan rebels executed Gadhafi fighters: Report

Libyan rebels appear to have "summarily executed" scores of fighters loyal to Moammar Gadhafi, and probably the dictator himself, when they overran his hometown a year ago, a human rights group said Wednesday.

The 50-page report by Human Rights Watch on alleged rebel abuses that followed the October 2011 capture of the city of Sirte in the final major battle of the eight-month civil war is one of the most detailed descriptions of what the group says were war crimes committed by the militias that toppled Gadhafi, and which still play a major role in Libyan politics today.

THE ASSOCIATED PRESS

Probe of leftist leader another clear sign of Kremlin crackdown

Russian propaganda?

Political activist, who has led several anti-Putin protests, denies charges stemming from Kremlin-friendly documentary

In a new sign of a widening Kremlin crackdown on the opposition, investigators on Wednesday opened a criminal probe against leftist leader Sergei Udaltsov and several other activists for allegedly planning mass riots.

Russia's top investigative agency said it also will investigate claims made in a recent documentary aired by a Kremlin-friendly TV channel that opposition leaders worked with Georgian officials to prepare terrorist attacks across Russia.

Udaltsov, 35, a leather-clad, shaven-headed leader of the Left Front opposition movement, has denied the charges stemming from the documentary, which he said was a sham.

The agency did not say whether Udaltsov and others had actually carried out any of their alleged plans.

The criminal case comes as the opposition is bracing for an online election of its co-ordination council this weekend. Udaltsov is running.

Udaltsov, who wore a Stalin T-shirt for his wedding, has led anti-Putin protests for several years, focusing on unsanctioned marches and rallies.

A great-grandson of a Bolshevik revolutionary, he has been arrested more than 100 times during his political career and spent months in prison. He has launched many hunger strikes while in custody.

Investigators, backed by armed men wearing ski masks, searched Udaltsov's apartment in south Moscow for more than five hours on Wednesday. The home of his parents was also searched, said Violetta Volkova, Udaltsov's lawyer.

"I'm going to hold on until the end, and I won't be quiet," Udaltsov said as he left his home for questioning escorted by masked armed police. "It's a wave of new repression."

In addition to Udaltsov, the criminal investigation is targeting two other leftist activists; one of whom, Konstantin Lebedev, was detained for 48 hours following brief questioning, Volkova said.

THE ASSOCIATED PRESS

Footage in question

The documentary aired last week on NTV, a channel seen as a propaganda arm of the Kremlin.

- **Raising funds.** It showed what it says was footage of the Left Front leader meeting with officials from neighbouring Georgia to discuss raising funds for protests against President Vladimir Putin.
- **Demonstrations.** In late 2011 and early this year, a series of massive peaceful demonstrations against Putin were held in Moscow and drew more than 100,000 people.

Russian opposition leader Sergei Udaltsov is escorted by police officers for questioning in Moscow, Wednesday. In a new sign of a widening crackdown on Russia's opposition, investigators opened a criminal probe against the leftist leader and several other activists for allegedly plotting mass riots.

MIKHAIL METZEL/THE ASSOCIATED PRESS

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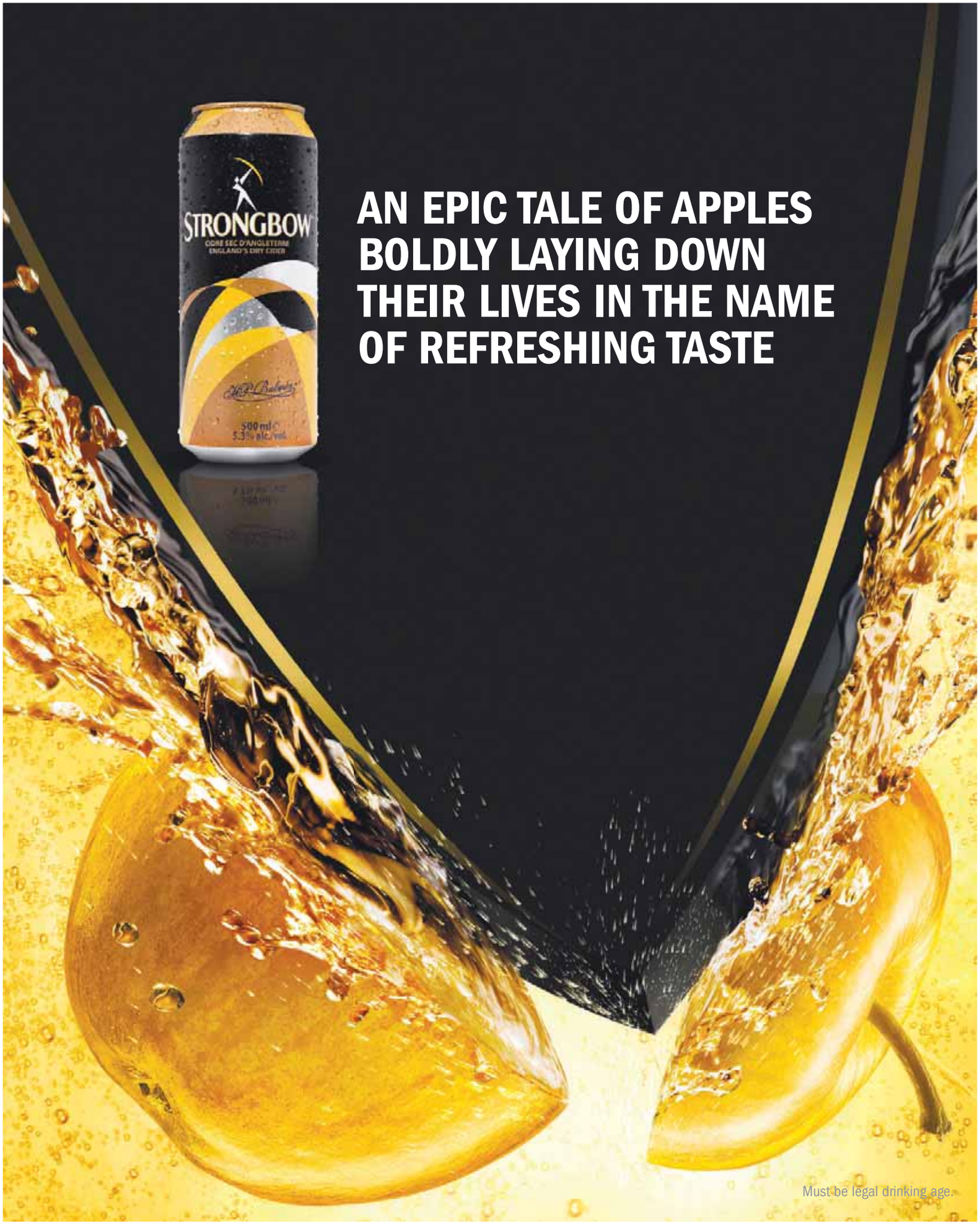
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More money, more waiting for intensive autism therapy

A therapy known as intensive behavioural intervention can bring about dramatic improvements in the lives of children with severe autism, but the intervention must take place between the age of three and five. A long waiting list for treatment means more than 1,700 Ontario children are missing out. ISTOCK

Part 2 of a three-part series. Provincial funding for intensive behavioural therapy has jumped $110 million over 12 years

ALEX BOUTILIER
alex.boutilier@metronews.ca

When the Ontario government announced funding for intensive behavioural intervention therapy in 1999, $5 million was set aside for the program.

Twelve years later, the province says it is spending more than $115.7 million a year on the therapy, known as IBI, which helps young children with severe autism spectrum disorder learn to interact with the world. Since 2006, the government has spent $628.2 million on just this program alone, according to figures provided by the Ministry of Child and Youth Services.

Despite the influx of money, IBI providers are still grappling with massive waiting lists. As of June 2012, there were more families waiting for funding — some 1,702 — than the 1,417 families who were receiving it.

Dr. Eric Hoskins, Ontario's minister of child and youth services, says there is a host of programs available for families awaiting funding.

Dr. Eric Hoskins
TORSTAR NEWS SERVICE

"There's training available for the families themselves; there is preparation for the IBI treatment. Depending on their age, they may have access to other programs, for example, transition into schools," he says. "There's a whole set of services that we make available. IBI is one of them."

The average wait time, about two years, means some children will miss the crucial window between ages three and five when IBI is most effective — or families will be forced to pay out of pocket for the expensive therapy.

For that reason, Hoskins says, it's crucial to get a diagnosis early in a child's life. "Parents with children with autism and advocates for them have done a tremendous job at (raising) public awareness, so parents that have a concern about an infant or a young child have an earlier opportunity to actually seek and obtain a diagnosis," Hoskins says.

Progressive Conservative health critic Christine Elliott says the long-term benefits of funding IBI for children who need it outweigh the short-term upfront costs.

Christine Elliott
TORSTAR NEWS SERVICE

"This kind of therapy and other supports make the difference between (children) having a life either wholly or partly independent," she says. "It makes all the difference in the world, both in the costs to the system, of course, but (also) in terms of that person's happiness, their ability to function in society and have a complete and fulfilling life.

"You can't really put a price on that," she says.

Next up

- **Part 3 (Weekend):** Public-service providers and their role in making funding available for treatment of autism.
- **On the web:** Follow the series online at metronews.ca.

By the numbers

Funding for intensive behavioural intervention:

- **2011-12:** $115.8 million
- **2010-11:** $117 million
- **2009-10:** $114 million
- **2008-09:** $110.6 million
- **2007-08:** $96 million
- **2006-07:** $74.5 million

Time not on their side

Wait list 'shouldn't exist': Autism Ontario

Every child who needs intensive behavioural intervention should have the therapy funded, says the executive director of Autism Ontario.

"The kids who need this service need this service," Margaret Spoelstra says. "The fact that we have kids waiting means that we're losing precious time."

Spoelstra says IBI can change the trajectory of a child's development dramatically.

"It gets you to a point where you can help that child to learn rapidly, and you have positive reinforcement both for the instructors, the therapists, as well as the families because they see their kids learning when they understand how to use (IBI's) tools."

ALEX BOUTILIER/METRO

Weighing resources against need

From funding 'all children' to some

The waiting-list issue is not a new one. It was flagged in a 2004 ombudsman's investigation into the IBI program. That report suggests the ministry was aware as early as 2000, when it signed contracts with regional service providers, that it overestimated the ability to meet demand.

The initial vision in 1999 was for "all young children with autism" in the province to be given "consistent, high quality, intensive early intervention services."

"The amended (2000) vision deleted the reference to 'all' young children, as well as the specific reference to 'intensive early intervention services,'" the report notes.

In response to the report, the Ministry of Child and Youth Services noted the intensive therapy was funded "to the level of available resources and not to the level of need."

ALEX BOUTILIER/METRO

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CANADIANS ARE POLITICALLY SHY

RACHEL DÉCOSTE
For Metro
www.rachelD.ca

I'm a Canadian citizen, and have volunteered for the Liberals in Ontario and Quebec. But right now I'm in Michigan, as a volunteer working on U.S. President Barack Obama's re-election campaign.

One of the big differences between Canada and the U.S. is that Americans are not coy about which party they support. Canadians often feign being undecided when canvassers asks about their voting intentions; Americans will tell you point-blank, for example, that they are "not supporting a Muslim candidate who makes an assault on their religious rights." In fact, Canadians are so politically shy that it affects the pollsters, who actually have trouble predicting Canadian electoral results.

In Michigan, the people show their political colours quite vividly. So much so that in Detroit the Obama campaign long ago ran out of lawn signs. And in Toledo, Ohio, you can't get a lawn sign unless you actually donate your time to the campaign.

It's lucky that Americans are so engaged, because their voter registration process is time-consuming. The paperwork poses an obstacle to many would-be voters with low incomes. Thankfully, we Canadians haven't adopted this backwards bureaucratic burden that hinders participation in democracy.

Differences

"One of the big differences between Canada and the U.S. is that Americans are not coy about which party they support."

But most of all, as I work in the middle of American politics and I approach November 6, I find myself appreciating more and more our Canadian conception of health care, education and the social safety net at large. It differentiates us from our neighbours to the south. Thank goodness I am Canadian.

'Binders full of women' fails to pass truth test

Romney didn't ask for list. Names compiled by coalition of women's groups would have been handed to whoever won Mass. election in 2002

U.S. Republican presidential candidate and former Massachusetts Gov. Mitt Romney kisses a baby during a campaign stop at Tidewater Community College in Chesapeake, Va., Wednesday. CHARLES DHARAPAK/THE ASSOCIATED PRESS

Will "binders full of women" become legendary in American political folklore?

Democrats had their hopes up Wednesday following Mitt Romney's ham-fisted attempt to paint himself as an equal-opportunity employer during his second presidential debate against Barack Obama.

His poor choice of words set off a giddy eruption of social media mockery, lighting up Twitter and spawning a website, a Facebook page and even a song.

Democrats are hoping Romney's maladroit comment might damage his reputation among women, in particular. Female voters outnumber men in the U.S. and are playing a pivotal role in this year's campaign, with women's issues the focus of part of the debate on Tuesday.

Paul Ryan, Romney's No. 2, tried to tamp down some of the ridicule on CBS News on Wednesday morning by lauding his running mate's commitment to women.

"He has an exceptional record of hiring women in very prominent positions."

Not true, apparently. By the end of Romney's term in Massachusetts, the number of women in high-ranking positions was slightly lower than it was before he took office. The women he did hire were mostly in junior cabinet positions.

There were also no female partners at Bain Capital when Romney headed the company in the 1980s and 1990s.

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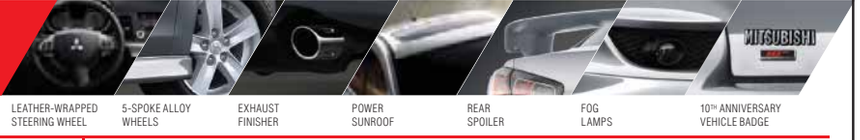

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Texas attorney general cheering for Bible verses

Church and gridiron.
State's top lawyer intervenes in lawsuit to allow cheerleaders to wave banners bearing Christian phrases at high school football games

Texas Attorney General Greg Abbott said Wednesday he will defend high school cheerleaders who want to use Bible verses on banners at football games.

Abbott has filed court papers to intervene in a lawsuit that cheerleaders at Kountze High School filed against the school district complaining that a new policy violated their freedom of speech.

In September, district officials told the cheerleaders to stop using Bible verses at football games after the Freedom From Religion Foundation complained.

The atheist group argued that using banners with phrases such as, "I can do all things through Christ that strengthens me," violates the First Amendment prohibition on the government establishing a religion.

After the school told the cheerleaders they could no longer use Bible verses, they filed suit in Hardin County district court. State District Judge Steve Thomas put a hold on the new school policy while he considered the arguments, and the cheerleaders continued to make the banners. He is expected to rule Thursday.

"This is student-led expression, and that's perfectly constitutional," Abbott said. "We will not allow atheist groups from outside the state of Texas to come into the state to use menacing and misleading and intimidating tactics to try to bully schools to bow down to the altar of secular beliefs."

"If the majority of the cheerleaders were atheists, would a court support their 'right' to hold up a banner insulting Christianity or all believers?" the group said in court papers.

THE ASSOCIATED PRESS

Governor's on board

Joining Abbott at a press conference Wednesday, Gov. Rick Perry said he supported the cheerleaders and denounced the Freedom From Religion Foundation.

- "Anyone who is expressing their faith should be celebrated, from my perspective, in this day and age of instant gratification, this me-first culture that we see all too often," Perry said.

Greek soccer clubs attract colourful sponsors

Players on Voukefalas, a small amateur soccer club, warm up before a local championship match in the city of Larissa, central Greece, on Oct. 7. Players are wearing bright pink practice jerseys emblazoned with the logos of the Villa Erotica and Soula's House of History, a pair of bordellos recruited to sponsor the team after drastic government spending cuts left the country's sports organizations facing ruin. One team took on a deal with a local funeral home and others have wooed kebab shops, a jam factory and producers of feta cheese.

NIKOLAS GIAKOUMIDIS/THE ASSOCIATED PRESS

Man charged over dinosaur fossils

A Florida man was charged Wednesday with smuggling dinosaur fossils into the United States, including a nearly complete Tyrannosaurus Bataar skeleton from Mongolia, federal prosecutors said.

Eric Prokopi, a self-described "commercial paleontologist" who buys and sells whole and partial dinosaur skeletons, was arrested at his home in Gainesville, according to a complaint unsealed by prosecutors.

He was charged with smuggling goods into the U.S. and interstate sale and receipt of stolen goods.

He also faces one count of conspiracy to smuggle illegal goods, possess stolen property and make false statements.

If convicted on all of the charges, he could face up to 35 years in prison.

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U.S. Violent crime rate up 18% over last year

The number of violent crimes unexpectedly rose by 18 per cent in the U.S. last year, the government said Wednesday, the first time that total has risen in nearly 20 years. Property crimes went up by 11 per cent, their first increase in a decade.

Academic experts cautioned that the new figures do not necessarily signal an end to the long era of declining crime.

The increase in violent crime was the result of an upward swing in assaults, which rose 22 per cent, from 4 million in 2010 to 5 million last year. The incidence of rape, sexual assault and robbery remained largely unchanged, as did serious violent crime involving weapons or injury.

The U.S. Bureau of Justice Statistics said the percentage increases last year were so large primarily because the 2011 crime totals were compared to historically low levels of crime in 2010. Violent crime has fallen by 65 per cent since 1993, from 16.8 million to 5.8 million last year.

THE ASSOCIATED PRESS

Perspective

"2011 may be worse than 2010, but it was also the second-best in recent history."

James Alan Fox, Northeastern University criminology professor

An increase in violent crime was the result of an upward swing in assaults, which rose 22 per cent, from 4 million in 2010 to 5 million last year. THE CANDIAN PRESS FILE

Mexico

DNA of drug lord's parents sought

Mexico's top anti-drug prosecutor says authorities are seeking permits to exhume the remains of the parents of deceased drug lord Heriberto Lazcano, to obtain material for DNA testing.

Testing is aimed at confirming that a body stolen from a funeral home Oct. 8 was indeed Lazcano's. The Navy says his body was identified through fingerprints after a shootout on Oct. 7. THE ASSOCIATED PRESS

Cyber-security

No specific threats named

The federal government is concerned about its own cyber-security, but the public safety minister refused to say Wednesday where the potential threats are coming from. While the U.S. and other countries have publicly called out Chinese-owned firms as being among the dangers, Vic Toews said he sees no reason to name names — at least right now.

THE CANADIAN PRESS

Sask. child rescued in pedophile investigation

Operation Snapshot. Police worked across five provinces and territories before uncovering 'hundreds of thousands' of pornographic images

ROB BROWN
Metro in Regina

An interprovincial strike force targeting online pedophiles rescued a Saskatoon child while working on 30 child-pornography investigations.

Representatives from most of the 14 Canadian police operations that make up Operation Snapshot — an operation targeting online child predators — revealed details of their ongoing investigation Wednesday at RCMP Saskatchewan division headquarters in Regina.

The operation spanned through Alberta, Saskatchewan, Manitoba, Nunavut and the Northwest Territories.

"There were hundreds of thousands of images," said Sgt. Darren Parisien, lead investigator with the Saskatoon Police. He said most of the investigations involved some form of undercover work.

"They involved us going to places where people are sharing and creating child pornography," said Parisien.

"We are undercover posing as children and posing as offenders. We go where kids go. That's where predators go."

Charges stemming from the investigations include sexual assault, indecent exposure, invitation to sexual touching, Internet luring, making child pornography, as well as accessing, possessing and distributing child pornography.

Parisien said one offender caught with a 14-year-old child in Saskatoon has already pleaded guilty to charges and is currently serving a 30-month sentence.

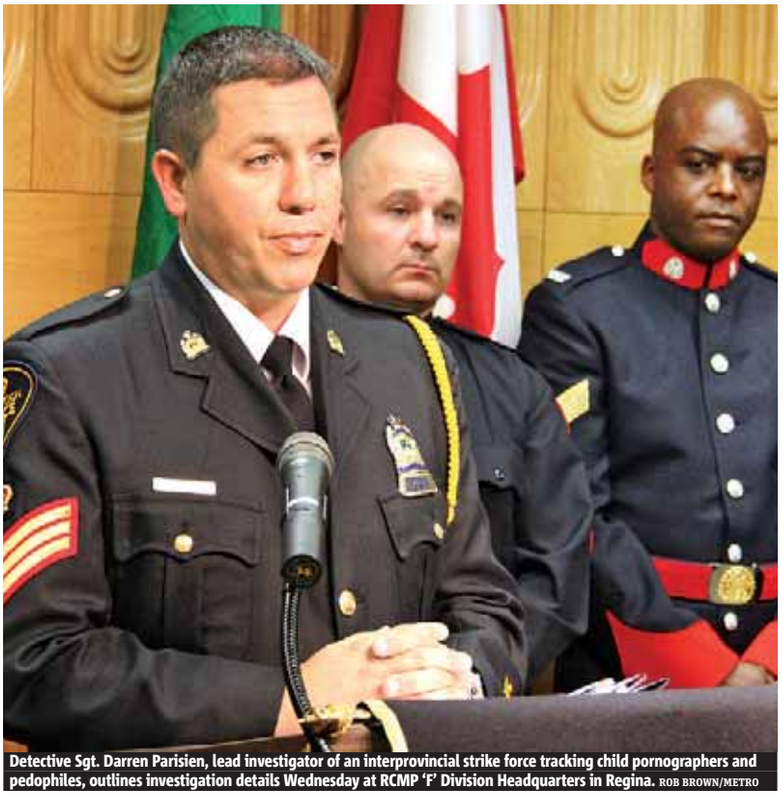
RCMP Inspector Pierre Leduc, with the Canadian Centre for Missing and Exploited Children, said the operation's primary focus was to chase down child pornographers and help children.

"This sends a message to those at large today," said Leduc.

Parisien said many of the images were of children under 12, and that he's seeing a much more horrifying trend in the photos.

"We're seeing infants and toddlers — children who can't speak yet," said Parisien. "Disturbing."

Parisien said while the images come from every corner of the world, it is mostly "homegrown" child pornography from North America.



Detective Sgt. Darren Parisien, lead investigator of an interprovincial strike force tracking child pornographers and pedophiles, outlines investigation details Wednesday at RCMP 'F' Division Headquarters in Regina. ROB BROWN/METRO

Operation numbers

- Police agencies involved: 14
- New investigations: 30
- Arrests to date: 19
- Devices seized: More than 100 computers, 1,000 discs, 100,000s of images
- Investigations: Alberta — 9
  Saskatchewan — 13
  Manitoba — 7

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Largest art heist in over a decade hits Dutch museum

Art thieves on the loose. Millions of dollars worth of rare paintings stolen from art gallery

In Hollywood movies, heists usually feature criminals whose meticulous planning are used to avoid detection. But thieves who snatched seven paintings by Picasso, Matisse and Monet worth millions from a gallery in Rotterdam, the Netherlands, appear to have taken a less glamorous approach, relying mostly on speed and brute force.

Police said Wednesday they had no suspects in the case, the largest art heist in the country for more than a decade. The paintings they took are estimated to be worth roughly $100 million US if sold at auction.

THE ASSOCIATED PRESS

A man admiring a painting holds a catalogue of exhibits as the Kunsthal museum in Rotterdam, the Netherlands, on Wednesday. The gallery has reopened its doors following an art heist. PETER DEJONG/ASSOCIATED PRESS

Paul Gauguin

Girl in Front of Open Window

Pablo Picasso

Harlequin Head

Meyer de Haan

Self-Portrait

Tension on the pitch

Prime minister looks for justice

Serbia's prime minister has ordered a police probe into the scuffle and allegations of racist abuse during a Serbia-England under-21 football match, but said it was too soon to say whether the claims of racism were true.

Ivica Dacic said Wednesday that all those who took part in the scuffles that broke out on the pitch between the players and officials from both teams after Tuesday's match must be identified and brought to justice.

THE ASSOCIATED PRESS

Unarmed

Toews won't jump the gun

Public Safety Minister Vic Toews says he's not interested in speeding up the arming of border guards, despite the shooting Tuesday that sent a guard at a B.C. crossing to hospital with a gunshot wound.

THE CANADIAN PRESS

Tied up

17-year-old escapes captivity

Police say a 17-year-old girl who was kidnapped after she left a club in northern Germany and allegedly raped while in captivity has escaped.

Officials said Wednesday they have arrested a 28-year-old suspect with a previous rape conviction. He is alleged to have kidnapped her at knifepoint in Rostock on Friday night and taken her to his apartment, where he beat her up and tied her up.

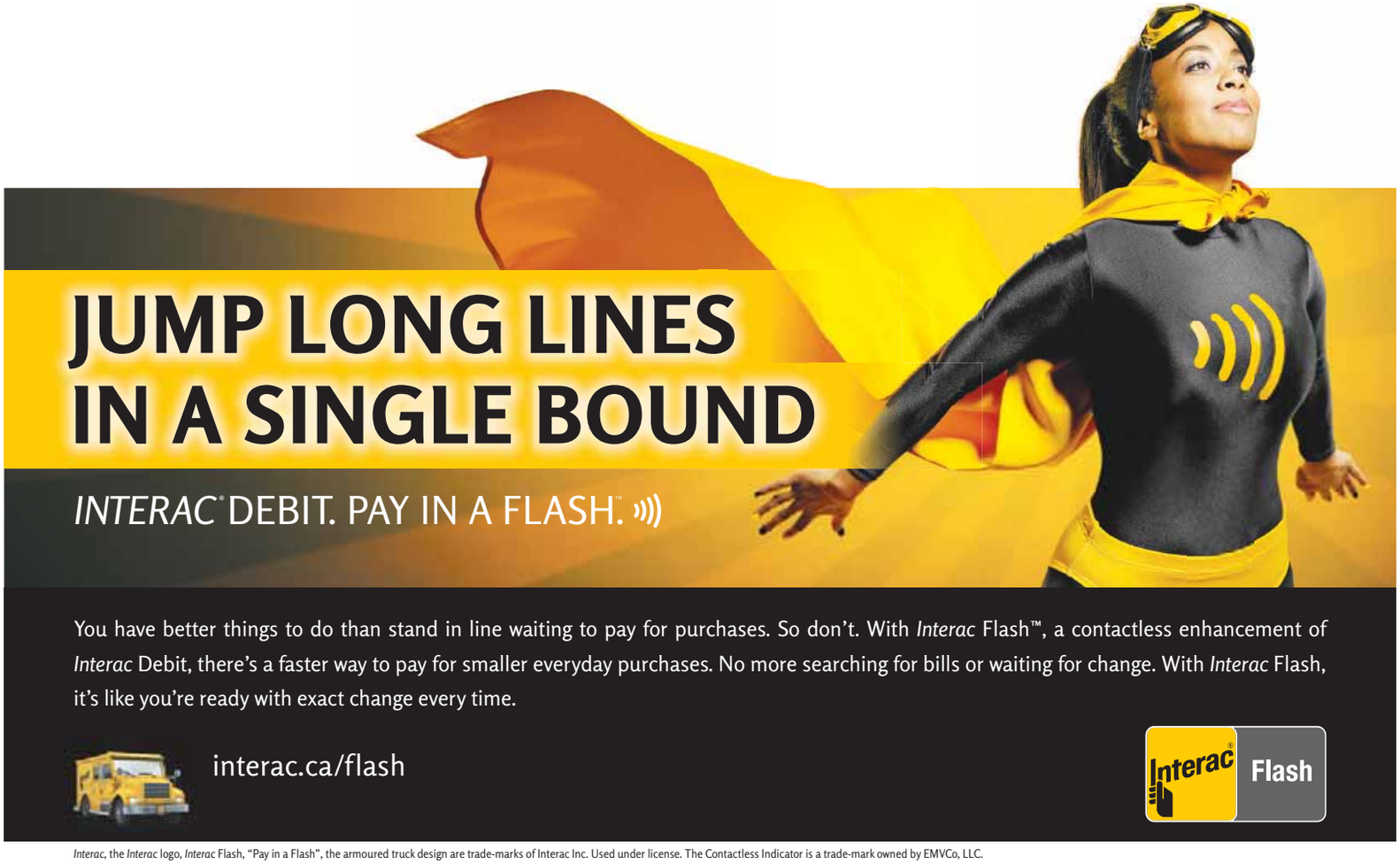
THE ASSOCIATED PRESS

Target: Ambassador

Guilty plea in assassination plot

A Texas man pleaded guilty Wednesday to plotting to assassinate Saudi Arabia's ambassador to the United States, agreeing to hire what he thought was a drug dealer in Mexico last year for $1.5 million to carry out the attack with explosives at a Washington restaurant.

THE ASSOCIATED PRESS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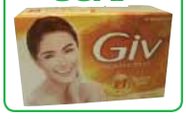

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TEENS/ADULTS MAGIC GLOVES

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The presentation will be held God willing, on Monday, October 22, 8:00pm at Swansea Town Hall, 95 Lavinia Avenue, Toronto. *(3 blocks south of Bloor between the Jane and Runnymede subway station.)*

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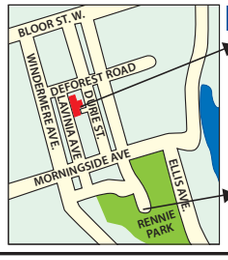
The Christadelphians



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New study

Quebec firms' tax burden is heaviest in Canada, U.S.

A University of Montreal business school study says Quebec companies are by far the most heavily taxed in Canada and the U.S., even after accounting for generous financial assistance from government.

The HEC Centre for Productivity and Prosperity says Quebec companies pay 26 per cent more in taxes than the Canadian average and face almost double the tax burden of U.S. companies. THE CANADIAN PRESS

Market Minute

DOLLAR 102.25¢ (+0.91¢)

TSX 12,461.24 (+53.55)

OIL $92.12 US (+$0.03)

GOLD $1,753 US (+$6.70)

Natural gas: $3.47 US (+3.3¢)
Dow Jones: 13,557 (+5.22)

Wine industry. Wonky weather devastates Europe's grape harvest

Drought, frost and hail have combined to ravage Europe's wine grape harvest, which in key regions this year will be the smallest in half a century, vintners say.

Thierry Coste, an expert with the European Union farmers' union, said Wednesday that France's grape harvest is expected to slump by almost 20 per cent compared with last year. Italy's grape crop showed a seven per cent drop — on top of a decline in 2011.

"Two big producing nations, France and Italy, have not known a harvest so weak in 40 to 50 years," Coste said. "All the major producing nations have been hurt."

France's Champagne and Burgundy regions were hard hit by weather conditions that particularly affected the prevalent Chardonnay grape, used to make the world's most famous sparkling wine and the luxurious whites from those regions.

In places where vintners were already facing a small margin of profit, many could be facing survival problems, said Coste of the Copa-Cogeca union.

"In certain regions, there will be many vintners in big difficulties because of the collapse of the harvest," he said.

Drought hit the Mediterranean rim hard this year, Coste said. "First and foremost, climate change or not, we see that we have ever more dry spells," he said. Making matters worse is that even winter was dry this time. "It was almost zero (degrees Celsius) in the south."

In the northern wine regions, it was the inverse, with cold and wet weather wreaking havoc. Hail in particular hurt the crops. THE ASSOCIATED PRESS

Global impact

- The European wine harvest automatically has a global impact since it accounts for some 62 per cent of the worldwide wine production.
- About 2.5 million families live off the wine sector in Europe, making the dependency on the vagaries of weather a sometimes cruel business.

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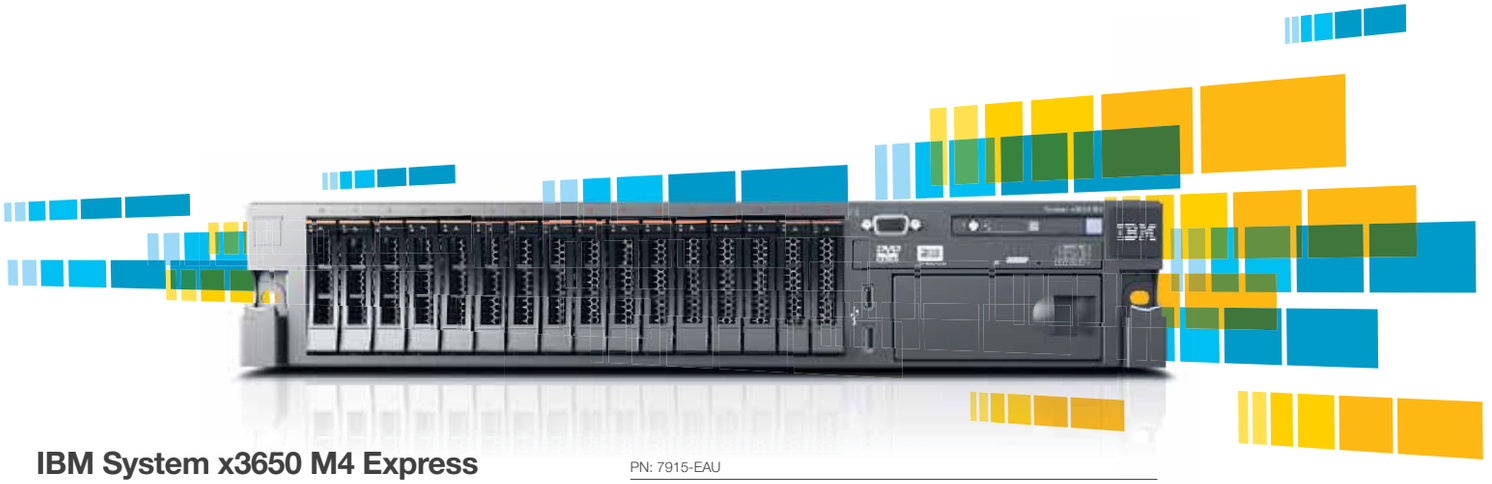

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1.TBR Report – "IBM System x® x86 servers: Meeting the demands of today's enterprises by combining value and support," January 2012. **2.** Source: Intel Performance comparison using SPECfp®_rate_base2006 benchmark. Baseline score of 267 on prior generation 2S Intel® Xeon® processor X5690 (3.46 GHz, 6 core, 12MB L3, 6.4 GT/s, 130W) based platform published at www.spec.org as of 6 Sept 2011. Estimated new score of 486 on 2S Intel® Xeon® processor E5-2690 (2.90 GHz, 8 core, 20MB L3, 8.0 GT/s, 135W) based platform is based on Intel internal measured estimates as of 6 Sept 2011 using two Intel® Xeon® processor E5-2690, Turbo Enabled, EIST Enabled, Hyper-Threading Enabled, 64 GB memory (8 x 8 GB DDR3-1600), Red Hat® Enterprise Linux Server 6.1 beta for x86_6, Intel® Compiler 12.1. **3.** x3650 M4 supports up to 768 GB of memory using 32 GB LRDIMMs in it 24 memory slots. Previous generation x3650 M3 supports up to 192 GB of memory. **4.** Ships with 4 1 Gb Ethernet ports standard and supports integrated slot-less 10 Gb Ethernet with Virtual Fabric. Previous generation server includes 2 1 Gb Ethernet slots and requires use of a PCI Express slot to support 10 Gb Ethernet. *Available later in 2012. IBM hardware products are manufactured from new parts or new and serviceable used parts. Regardless, our warranty terms apply. For a copy of applicable product warranties, visit http://www.ibm.com/servers/support/machine_warranties. IBM makes no representation or warranty regarding third-party products or services. IBM, the IBM logo, BladeCenter, System Storage and System x are registered trademarks of International Business Machines Corporation registered in many jurisdictions worldwide. Other product and service names might be trademarks of IBM or other companies. For a current list of IBM trademarks, see www.ibm.com/legal/copytrade.shtml. Intel, the Intel logo, Xeon and Xeon Inside are trademarks of Intel Corporation in the U.S. and other countries. All prices and savings estimates are subject to change without notice, may vary according to configuration, are based upon IBM's estimated retail selling prices as of 03/13/12 and may not include storage, hard drive, operating system or other features. Reseller prices and savings to end users may vary. Products are subject to availability. This document was developed for offerings in Canada. IBM may not offer the products, features, or services discussed in this document in other countries. Contact your IBM representative or IBM Business Partner for the most current pricing in your geographic area. ©2012 IBM Corporation.

FIGHT FOR WHAT'S RIGHT — EVEN IF IT'S TRIANGULAR

HE SAYS...
John Mazerolle
metronews.ca

All this presidential debate talk has me thinking of the one time I took part in an organized debate, which dealt with the age-old question that has haunted humanity since it first crawled out of the muck: "Circles or triangles?"

That was the actual topic at a debate tournament at a private high school several years ago. I was a "celebrity" judge, because Justin Bieber was not available.

Going in circles

While youth are often accused of being apathetic about the important issues facing our world, that debate included a group of students who were concerned — nay, tormented —about the nation's shape-related issues.

While youth are often accused of being apathetic about the important issues facing our world, that debate included a group of students who were concerned — nay, tormented — about the nation's shape-related issues.

It was inspiring.

Even debates as goofy as that one are heartening to me. Say what you will about U.S. debates and how they contain fewer actual facts than the back of a cereal box. It's still two or more people going toe-to-toe in a real back-and-forth with passion and knowledge and (some pieces sold separately) ideas.

We could use more of that.

Instead, we're taught that there are a bunch of places where it's not polite to argue (family picnics, Facebook feeds, funeral homes). And if you're in a bar or some other acceptable debate location, most arguments degenerate quickly into volume competitions. There's a guy in my local pub that can be counted on to bellow — scream, really — "THE LIBERALS ARE THE NATURAL GOVERNING PARTY OF THIS COUNTRY!!!" at least once a week.

Though, in fairness, sometimes there's no one else there. He was talking to empty chairs before Clint Eastwood made it cool.

With this sad state of affairs, everybody should learn the finer skills of debating.

Whether you one day dream of being a world leader, or if you just want to goof around in a meaningless Liberal leadership race, here are some tips to drive your points home.

- Presentation matters. In 1960, radio listeners thought Richard Nixon won his debate with John F. Kennedy. But in a historical twist not often mentioned, people watching on TV thought Kennedy won, because they could see that Nixon kept kicking his dog, Checkers.
- Respect your opponent, not their ideas. This is obvious in the political arena, but often forgotten in day-to-day life. Lots of people say, "You don't have to agree with me, but you have to respect my opinion," even if they were talking about how their magnetic bracelet reinvigorated their energy force field, or how much they miss Charlie Sheen in Two and a Half Men. Remember what Voltaire said: "I disapprove of what you say, but I will defend — wait, you like Two and a Half Men. BWAHAHA." I'm paraphrasing.
- Get your zingers in. It shouldn't be all about zingers, but sometimes a little sauce makes the meal more memorable. Compare: "Mr. Speaker, our subcommittee's research has shown the opposition's numbers to be skewed at best," to "Mr. Speaker, up your nose with a rubber hose." Check and mate.

Now that you have these helpful tips, get out there and argue. Do it for yourself! Do it for your generation! And, most importantly, do it for the triangle!

Because what's right is right.

Artist gets under their skin

GETTY IMAGES

Hirst's avenging angel

Pregnant woman exposed in statue

Damien Hirst, the world's richest artist, unveiled his new work in Ilfracombe, England, on Wednesday.

Verity, a 19.8-metre bronze statue of a pregnant woman with her insides exposed, represents "truth and justice," he said. There have been more than 100 complaints from locals, while critics have labelled it a "dictator fantasy." METRO

The artist explains

"I know it's not for everyone, but I really hope that over time it will become accepted by the community and will benefit the town."

Damien Hirst, 47, British artist
Hirst lives part-time in Ilfracombe, where he owns a seafood restaurant. It is hoped the statue will increase tourist numbers for the town.

Hirst hits

- **The Physical Impossibility of Death in the Mind of Someone Living (1991).** A tiger shark in a glass tank of formaldehyde, nominated for Turner Prize.
- **For the Love of God (2007).** Skull encrusted with more than 8,000 flawless diamonds, with a sale price of $100 million US.

Metropolitan Panel

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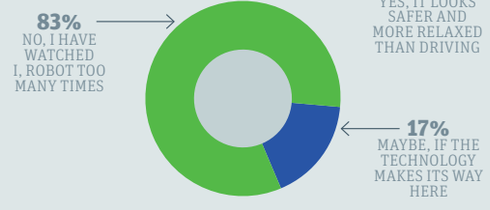
Will you be jumping in a driverless car anytime soon?


83%
NO, I HAVE WATCHED I, ROBOT TOO MANY TIMES
0%
YES, IT LOOKS SAFER AND MORE RELAXED THAN DRIVING
17%
MAYBE, IF THE TECHNOLOGY MAKES ITS WAY HERE

Twitter

@FreeGenie_S:
If councillor bailao votes against the ford bloc i suspect Doug will call her out for being a drunk driver and only then #TOpoli #TOcouncil

@JamesAldersley:
Do elected officials not have a private sphere? DUI at 2am seems a personal matter. Not ones employers/electorates. #topoli

@jetsuka:
Drunk driving should not be dismissed as someone having a bad day. It's unacceptable behaviour and it kills people. #TOCityHall #topoli

@kyriacou22:
If you were Donald Fehr, would you have just straight up taken the NHL's offer or use it as a starting point? #NHL #NHLPA #CBA

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"For years, I suffered from unbearable stiffness and swelling in my hands"

"How I BEAT The Pain That Almost Ended My Career!"

By Jaudon Sunde
Medical Cosmetic Technician

For nine long years, I lived in sheer agony. I suffered from inflammation and horrible stiffness in my hands. Unless you've experienced it for yourself, you can't imagine how bad the pain really is. It nearly crippled me and almost ended my career.

As a Medical Micropigmentation Specialist in Cleveland, Ohio, **I need my hands for applying medical tattooing and permanent makeup for cancer patients, burn victims, and for people who need facial reconstruction.**

I was proud that in 2010, FOX 8 TV news viewers voted me the "Best Permanent Cosmetic Technician" in the area and I have consistently ranked in the top 2% nationally.

But suddenly, my career was in danger. I was told that the intense precision of my work combined with the brutal cold winters in Ohio contributed to major stiffness and inflammation.

So naturally, I tried just about every pain remedy and topical cream on the market. Nothing worked. The pain was getting worse and worse.

So for all these years, I got by on a steady regimen of over-the-counter pills. The pain in my hands got so bad that I started taking pain relievers 2-3 times a day. And still my agony persisted.

I was faced with a dreadful choice: Either have the painful surgery on my hands and be laid up for months...or cut my workload in half. I was between a rock and a hard place.

I couldn't afford to do either. I had to find a better way to get real relief.

Then one day at dinner a friend of mine told me that inflammation is worse than I thought. "It's called the 'secret killer,' and for good reason," he said. "Left alone, it can ravage your arteries, chew up nerve cells in your brain, and lead to all kinds of age-related ailments.

"The good news is that researchers at the University of Arizona have now confirmed that the Nopal cactus — found in the Sonoran Desert in the southwest U.S. — has tremendous power. It can help fight off harmful inflammation without risky drugs. And it can help reduce the pain caused by inflammation.

"It turns out that the fruit of this plant is loaded with a special concentration of something called a 'bioflavonoid.' It's a super-powerful antioxidant that scientists believe to be perhaps the best natural anti-inflammatory agent on the planet. And it's **proven to reduce inflammation and detoxify your body naturally."**

He then spoke the words that would change my life. "I think all you need to do is try a fruit drink." I was shocked! How is an ordinary fruit drink going to end my misery? "Well, it's not an ordinary fruit drink. It's called **Nopalea**, a breakthrough wellness drink that contains these incredible bioflavonoids I told you about. Drink it and you'll be amazed how great you're going to feel."

I was skeptical, but I was also desperate. He brought me a bottle and I took a sip. I was shocked that it actually tasted fruity and delicious. I really enjoyed drinking it.

In just 5-6 days, an amazing thing happened. I started to feel much better. My stiffness loosened up and I moved around better than I had in years with no pain.

I was over joyed! The inflammation in my hands showed dramatic improvement. I kept taking 3 ounces of **Nopalea twice a day and after about 30 days, I could perform my duties 95% pain free!**

Even the doctors I work with were amazed at my amazing improvement. I no longer need surgery. I am busier than ever before and I love it!

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Zines still relevant, even in the Twitter day and age

Despite the proliferation of social media sites, zine fairs around the world are flourishing. FLICKR

Canzine. Annual celebration of DIY mags hits 918 Bathurst Sunday

BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

It's a safe bet there are no conferences celebrating Betamax or 8-Track, yet Canzine, the annual celebration of zine culture, continues to thrive even as the media it celebrates appears superfluous in a world awash with online journals, status updates and tweets.

Short for fanzines, zines are typically small-run, hand-made magazines that double as subcultural records and confessional journals.

Over the years, they've played a large role in documenting underground cultures from science fiction to punk rock. Sub Pop, Nirvana's first label, began life as a music zine, while a character in the film The Perks of Being a Wallflower creates Punk Rocky to document her love of punk and the Rocky Horror Picture Show.

The uniqueness of handmade has slowly crept into the cultural zeitgeist years after zines hit their mid-'90s peak. "They form a sense of community between the people that make them and share them," says Lindsay Gibb, editor of Canzine organizers Broken Pencil Magazine. "There's something different about making something yourself."

Gibb discovered zines in the '90s as a teenager living in the 905. She documented the suburban indie rock and punk bands she and her friends loved in her own zine, mixing in pieces about her own personal experiences. "I really liked zines that were about people's lives, being able to follow along with what they were thinking and doing," she says. "Reading other teens' zines, you felt like you could relate and connect."

Despite supposed obsolescence, zine culture is flourishing. Broken Pencil reviews 30 to 40 news zines each issue, while Canzine has been a regular fixture on the alternative arts calendar since 1995. This year's edition boasts 200 tables of zines, comics and art. It's the, "Oh my God, I can do this," element that keeps the form going, says Gibb. "It's an outlet for people who create them."

Canzine runs Sunday, Oct. 21, at 918 Bathurst Centre, 918 Bathurst St. brokenpencil.com/canzine.

Arts and crafts

Much more to see and do

There's plenty going on at Canzine besides zines. This year's instalment includes an arts and crafts room and a DIY games room featuring independently produced video and board games.

"The people who made them will be there to explain how they work," says Gibb.

There will also be a series of workshops, like the Great Hollywood Rip-Off Piracy Zine Challenge, where participants race to complete the zine-version of a well-known film, and the Punk Radical Reading series featuring Sam Sutherland and Laina Dawes. The event has also expanded into Saturday with skill-sharing symposiums.

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Cronin creates whole new fictional worlds

New book. The Twelve follows up on the hugely successful The Passage with new characters

DOROTHY ROBINSON
Metro World News

The way author Justin Cronin sees it, we have four main types of boogeymen.

"They come down to werewolves, monsters, zombies and vampires. They are the big four," says the engaging author from his home in Texas, where he is a distinguished faculty fellow at Rice University. "Of the four of them, the vampire story is the one with the best stuff."

So much stuff that Cronin was able to develop a highly regarded — not to mention highly profitable — trilogy based on the mythological beings.

The series began in 2010 with The Passage, a 784-page best-seller, and continues on this month with the publication of his massive follow-up, The Twelve.

In Cronin's futuristic dystopia, his vampires are known as virals: vicious, almost unstoppable monsters created by a government experiment gone horribly wrong who almost end all of humanity. In The Passage and now The Twelve, Cronin delves into two worlds: The time when the vampire plague was unleashed upon society and a hundred years into the future. His cast of characters numbers into the hundreds. Locations not only span coasts but decades and lifetimes. His word count is epic.

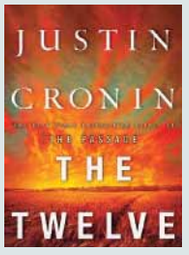
How does he keep it all straight?

"That was something I had to learn how to do," he says. "When I was writing the first book, I discovered my brain can naturally hold up to 800 pages of manuscript; at page 801, the top of my head flies off and I can't remember how to use the coffee maker. I had to grow a couple hat sizes to be able to do this."

Virals

The addition of the virals make the series into a horror thriller, but for Cronin the beasts are a way to get to the real meat of his tale: How does the human race survive when civilization ends?

- **Quote.** "I use the vampire story as a way to get to a post-apocalyptic story," Cronin says. "I really believed as a kid we'd all get incinerated; at that time it really looked like things would end."



Justin Cronin is releasing a new book called The Twelve. JULIE SOEFER

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Ways to lower car insurance rates at any age

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Auto insurance is a major expense in a household budget. While it's mandatory to have insurance, overpaying is not necessary. There are simple ways of getting a more affordable auto insurance rate, regardless of age or driving experience.

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Use of a 'good student discount' is one way to save on insurance for a young driver. Many insurance companies offer a discount for students who carry a minimum required grade average. Another way to save is by taking a driver education course from an approved school; to learn the rules of the road. Be sure to inquire about these options, as they may not always be advertised.

DRIVERS OVER 25
There may have been some improvement in yearly premiums for drivers with some driving experience. Don't forget to also ask about further discounts. These may include: installing a security system, driving an eco-friendly car, or installing safety features such as winter tires. If recently married, combine policies with your spouse and take advantage of bulk discounting by having more than one car insured with the company.

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An experienced driver with a good driving record may be eligible for better insurance rates; the key is to find the insurance company that will offer the lowest rate. Shopping around for car insurance is the easiest way to find a better way. Other ways to save include changing your deductible – perhaps carrying a higher deductible; or, combining home and auto insurance policies with the same insurance company.

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Mature drivers over 55 years old may qualify for some of the best rates available. Some insurance companies across Canada specialize in getting the best rates for mature drivers. There are also retirement benefits to keep in mind: no commute distance may mean a lower rate. Make sure the insurance company changes the commuting status to pleasure use.

No matter how old you are, it is always a good idea to shop around for a better rate. Quoting sites like **ComparaSave.com** help drivers find the lowest insurance rate available within their network of over 30 insurance companies.

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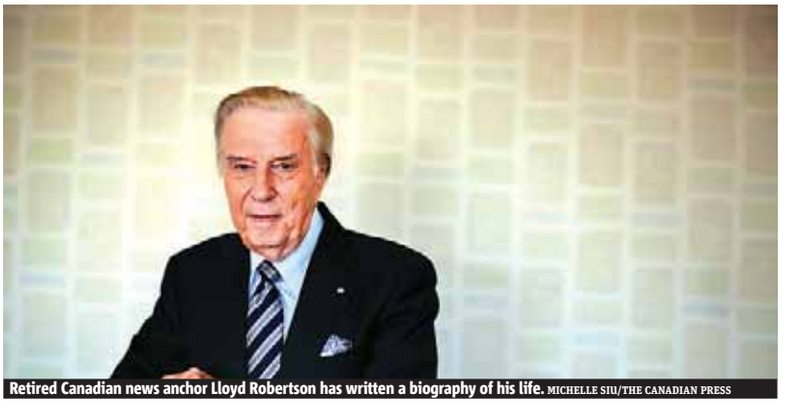
Lloyd Robertson opens up in The Kind of Life It's Been

New book. The former anchor of CTV's National News pens biography on the difficulties he has experienced



Retired Canadian news anchor Lloyd Robertson has written a biography of his life. MICHELLE SIU/THE CANADIAN PRESS

Throughout his six-decade career, Lloyd Robertson developed an unassailable reputation for delivering an authoritative account of the day's news.

His classic style in presenting "the kind of day it's been" became as distinctive as his rich baritone, and established the silver-haired anchor as the quintessential detached newsman.

Now retired from CTV National News and in a reflective mood with the release of his memoir, Robertson is delving into the little-known story behind his cool demeanour, a painful childhood that he says ingrained a steely ability to clamp down on emotion.

"For some reason I glommed on to radio as the place where I wanted to be," Robertson says of a troubled youth that sent him searching for escape.

"It opened a whole world to me that I didn't even know existed and I could live in that world of imagination and ignore what was happening around me on a close personal level at home."

Home was Stratford, Ont., where Robertson was born Jan. 19, 1934. His father was a 60-year-old machinist's helper with the Canadian National Railway. George Robertson already had eight children from a previous marriage, another son nine years Lloyd's senior, and a pension so meagre that the cupboards were often left bare, Robertson says in his biography The Kind of Life It's Been.

Among the revelations: before putting his voice to use on the radio, Robertson was part of a barbershop quartet as a teen; both the Conservative and Liberal parties tried to woo him into federal politics; Jean Chretien's office asked if he'd consider a seat in the Senate; and while at the CBC, a bout of hallucinations sent him to hospital for nervous exhaustion.

"That really for me was a health scare because it said to me: You've got to keep control of yourself and keep control of your mind because your mother's genes are in there," Robertson says of the episode, in which he recalls "losing touch with reality" and "fighting for control of (his) own thoughts."

THE CANADIAN PRESS

Not retired

Robertson admits he hasn't slowed down much since turning CTV National News over to Lisa LaFlamme

- **Still working hard.** He continues hosting and correspondent duties for CTV's W5.

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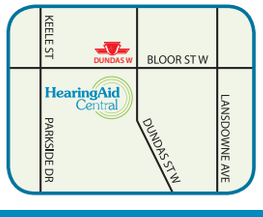

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Led Zeppelin discuss new concert film

Celebration Day. The iconic Led Zeppelin returned to the stage and now brings that experience to the big screen

DOROTHY ROBINSON
Metro World News

Only 18,000 people were lucky enough to watch a somewhat reunited Led Zeppelin in 2007 at a tribute concert in honor of Ahmet Ertegun, the late founder of Atlantic Records who died in 2006.

More than 20 million people applied for tickets to catch the one-off, two-hour show at London's O2 Arena, featuring Robert Plant, Jimmy Page and John Paul Jones, playing their first real concert since the mid-1980s (Jason Bonham, the son of Zeppelin's original drummer, John Bonham, was on drums).

Now the millions of fans who were left out can catch what happened in the new concert film Celebration Day, in theaters today and available on DVD on Nov. 19.

At a recent press concert to promote the film in New York City, the surviving Zep members were charming and funny, but they gave no indication that another reunion would take place any time soon. They did allow, however, that choosing Jason Bonham to join them onstage was a no-brainer.

"Once the idea was proposed — 'Would we do the concert?' — it had to be Jason," Page said.

For Bonham, who has played with the band twice before, the giddiness of joining them again at the O2 hasn't abated.

"I had lots of moments where I kept saying 'I'm playing drums for Led Zeppelin!' This really is something special and something I dreamed about all my life. I watched Song Remains the Same so many times that the look that Jimmy gave John in No Quarter, I remember, I looked over just like Song Remains the Same. He gave me the same look," says Bonham, before turning to Page. "It probably wasn't for the same reason you (looked at) Dad, but it was very, very special for me, honestly."

Page then joked, "That was the 'where are we?' look,"

Celebration Day includes the band's monster hits such as Stairway to Heaven, The Song Remains the Same and Dazed and Confused, as well as the unexpected, such as 1976's For Your Life, which the band had never played live prior to the London show.

Celebration Day is just a straight-up concert film, meaning no talking heads, no backstage glances, no trippy "quest" montages like in The Song Remains the Same. They appear shaky at first but then quickly get into their old rock 'n' roll habits. Per Page, they worked hard at "getting it right."

"We just really wanted to get it right and go out and play to people who maybe never heard us, who had heard about this reputation and what we were about, and basically stand up and be counted for what we were," he said.

Robert Plant, left, Jimmy Page and Led Zepplin have released a new concert DVD. KEVIN MAZUR/GETTY IMAGES

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Blue Rodeo remixing the 'cheesy' fan favourite Try as part of new box set

Music. Greg Keelor talks about why he remastered the hit song and the process for developing their new release of old music

It's a beloved Canadian '80s rock classic that's a mainstay on best-of lists but until recently, hearing Try would make Blue Rodeo's Greg Keelor cringe.

"It had a lot of cheese on it," explains the co-frontman in an interview alongside fellow crooner Jim Cuddy.

"Our first record Outskirts has that real '80s sound, it sounds like Tears for Fears were backing us up."

But not anymore. Keelor remixed Try and the other tracks on Outskirts for the new eight-disc box set Blue Rodeo: 1987 - 1993, which also includes remastered versions of the band's first five records, demos from the album Casino, and other previously unreleased material that hasn't been heard before.

"For me, I'd take cracks at every song we've ever done, basically. I'm a tinkerer by nature," says Keelor, who noted that Try wasn't really overhauled as much as it was refined.

"Mostly we were just getting rid of a lot of the studio technical gimmickry of that era — the '80s have a sound. The snare drum sound of the '80s was never our favourite, so it was sort of funny that our first record has that sound."

The band's first crack at working with a producer in a recording studio — with Terry Brown, who teamed up with Rush on nine albums — ended with the musicians accepting some sonic decisions they regretted.

"You get in those unfamiliar surroundings like a recording studio and you kind of listen to what's being said, 'This should be faster, slower you gotta put this 12-string guitar in,"' Cuddy says.

"And we just did because everything sounds nice in a studio, it may not be what you want, but it sounds nice."

One hard-fought victory that Cuddy did win was in adding a reverb effect to Try — although Keelor was eager to scrub it off for the remixed version.

"Jim was determined to have reverb on it ... so we put reverb on the whole track, everything had reverb — and a lot."

Keelor also tweaked the original sound of the organ in the song, which he thought had an over-the-top cheesy sound.

"It was nice to bring it back ... without all the cheese on it."

THE CANADIAN PRESS

Members of Blue Rodeo pose on the red carpet as they arrive at this year's Juno Awards. SEAN KILPATRICK/THE CANADIAN PRESS

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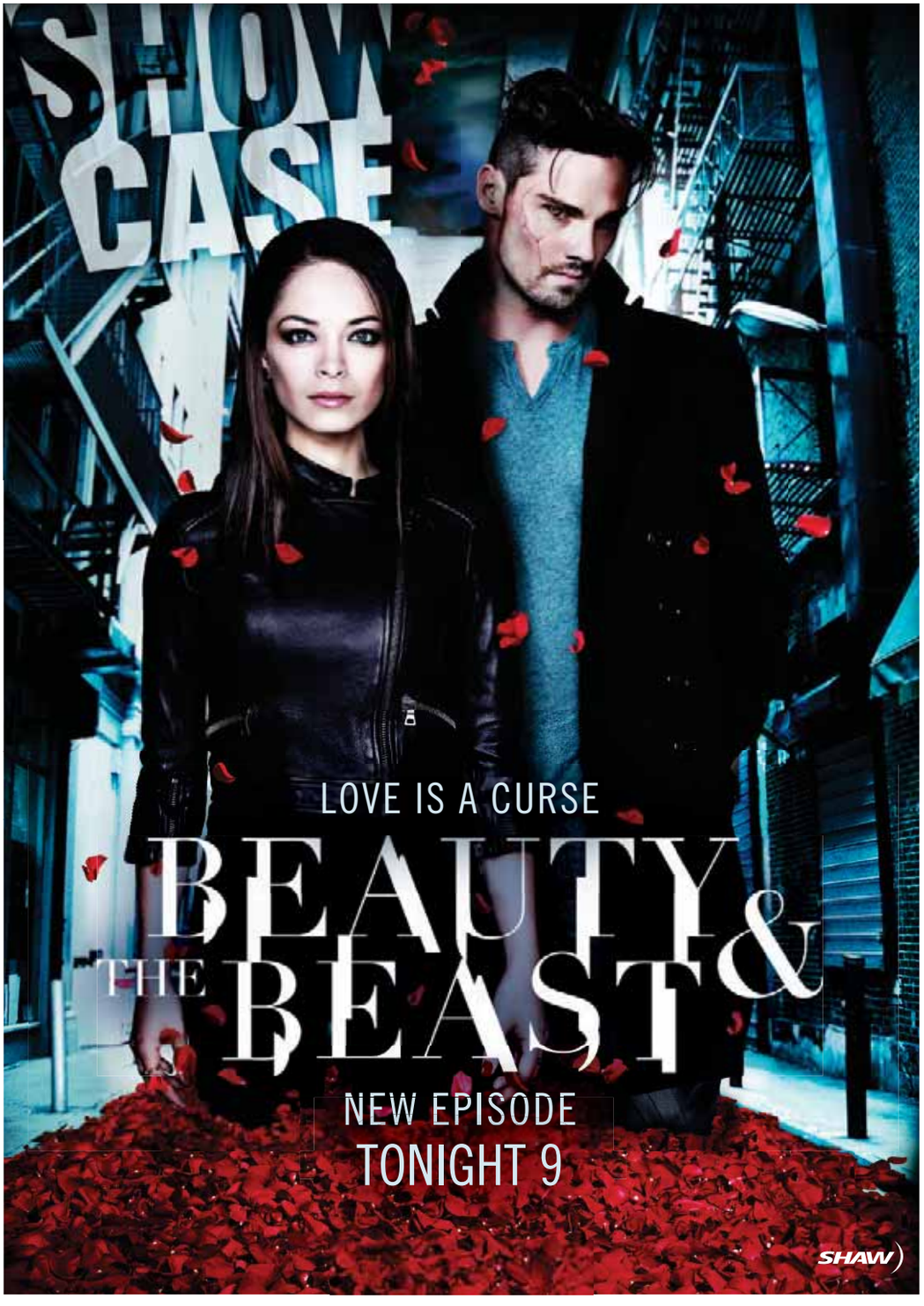

Behind the curtain of Morrissey's mind

Interview. Metro speaks to the British singer about his views on the Royals, his Latino fanbase, a Smiths reunion and his new autobiography

PAT HEALY
Metro World News

Morrissey has never been one to hide his opinions and now he's bringing them to people in autobiographical form. GETTY IMAGES

When the opportunity arises to interview a celebrity via email, we often balk at the invitation because there's really no way of knowing that the person who is supposedly answering is the person to whom you're really posing the questions.

But occasionally we'll make exceptions for an entertainer we feel is worth any inconvenience.

And so it was that the British singer Morrissey became part of this elite and mismatched club. Earlier this month, rumours emerged online that The Smiths, known for their less than amicable split, were reuniting.

He quickly quashed those rumours and was eager to discuss his upcoming autobiography, which his publisher, Penguin Books, is already calling "a classic in the making."

Did you find fulfillment in writing your autobiography? Was there a particular period of time in your life that you exorcised that gave you more relief to revisit than others?
The terror is equally balanced throughout all periods. It's a bit like locking yourself away in a dark room and hoping to God something useful develops.

Were there portions that you found yourself skipping over because you felt like you adequately addressed them in song already?
No, because anything worth saying bears repeating.

Was dealing with a long format a luxury or a chore?
At times I felt ready to be carried off, and you can certainly overdose on yourself. But even on off-days I'd find some petrol (gas) in the tank.

You've always been known for writing such great quotable couplets, which ended up in countless yearbooks over the years. Can you share either the first or last sentence of the book with our readers?
Under no circumstances.

Speaking of songwriting lines, is there a line from one of your songs for which you hope you will be best remembered?
Fortunately, there are many. When you've recorded songs such as Life is a Pigsty and The World is Full of Crashing Bores, it can't be denied that you at least have something to say. ... Although Rolling Stone magazine has done a great job of ousting me off the human map.

Further on that topic of being remembered, you've dealt with the subject of death in your songs quite extensively. Do you have your epitaph picked out already?
Chaucer's "mother dear, let me in." That would suit.

On the opposite end of the spectrum, what makes you laugh these days?
My naked self. Thankfully it's not something I see often. I tend to look away.

You've said that you wouldn't perform past the age of 55. Is this still your cut-off?
I doubt I'll make it to 55. The British Royals will turn the tanks on me way before then.

Two more for the road

A couple more questions

- **Do you address the beginning of your career in a way that fans might finally stop asking you when The Smiths will get back together?** If people continue to ask that question now, which they do, then they shall never stop, and they shall never stop because they don't understand the history of the band. Asking about a Smiths reformation is no different to driving into fog.
- **How important was it to you to let your feelings be known about the Royal family during the Olympics?** I don't view it as criticism but as intelligent observation. The so-called Royals are a dictatorship.

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Eclectic Django Django rise up and make their mark after humble bedroom beginnings

From left to right, David Maclean, Vincent Neff, Jimmy Dixon and Tommy Grace of Django Django. BEN PRUCHNIE/GETTY IMAGES

Behind the music.
British band talks stage wear, album sounds and their audience

PAT HEALY
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The first time Metro encountered the British band Django Django, the only music they had released were a few EPs of remixes that made it difficult to figure out what type of music they actually played.

How do you identify the most authentic vision of a song when you are presented with so many choices? Then we caught the band live at SXSW and they demonstrated a vibrancy that wasn't initially evident in their studio recordings.

They had the crowd jumping so much that it was difficult to see the stage. This reporter, upon first meeting the band for an initial sit-down asked about their shirts, which looked like matching pajama tops with cartoon strips of bacon on them.

It turns out they were just black T-shirts that they had poured bleach over. Months later, producer David Maclean called us up to chat again.

Are you still wearing the bacon pajamas/bleached shirts when you perform live?
I think we still have some. I think we have similar T-shirts, some kind of shirts we've designed or we just kind of go through phases, wearing some kind of matching uniform type things, but not always. It just depends what we're in the mood for really. We try to look like a unit on stage. That's something we like to do, and I think as we progress and have more time we'll definitely focus on doing a lot of those things because we're on the road a lot so we kind of make up ideas on the move and make them DIY. It'd be nice to sit down and design proper stage wear.

It was interesting too for me to see you guys live and then hear the album. I had thought I had a grip of what the sound was, but then the album is different. It felt like the live shows was like, "OK, cool this is stuff you can dance to in the clubs" and then the album felt like this is something you go bring into the woods with friends and all listen to while spacing out.
Yeah, it just probably shows a progression.

The album was made by me and Vinnie (Neff, singer and guitarist) sitting in my bedroom, a tiny little bedroom with a computer at the end of the bed, and just sort of plugging the guitar in and hitting some percussion and layered a lot. We weren't working after college. We didn't even think it was an album. ... It was never created as an album until the label came along and said, "can we create it?" So we weren't even a proper band, so when we got a drum kit and some amps and stuff and did a gig, then all that had to change and go out the window because we couldn't sit there and layer up tracks of tambourines and tapping and trippy nonsense.

We had to go live with something and being into dance music just kind of gets you started into a dance path so that would probably come back and reflect the way we record the next album.

How did you picture people listening to these songs? The trippy nonsense way or the dancing way?
Sort of neither. I mean I like listening to music walking around cities or on a bus. I don't know, its weird listening to music and being absorbed into the music, so for me the psychedelic part was always, that was kind of my mind wandering a bit, not necessarily through psychedelic drugs, but through just sort of day dreaming and dreams, and escapism. I mean, yes, in the past we might have tripped on magic mushrooms and that gives you a kind of experience you draw on, but everything in life becomes that experience, whether it's a relationship or a trip on acid, it doesn't really matter to me.

It all kind of ends up coming out subconsciously or consciously when you sit down to make music, so basically it was made through sitting down at the computer with the guitar and sort of playing out a lifetime of adventures.

So then it's kind of impossible to say where you imagine the listener would be at the time then enjoying or even how we were going to approach it live because it was such a weird way to make music in such a bubble.

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Portrait of a widow as a remarkable woman

Ethel. RFK's daughter celebrates her widowed mother's poise and strength in new HBO documentary

In the thick of the presidential campaign, a documentary about a political wife wouldn't seem to offer respite from the clatter.

But that's exactly what Ethel, an intimate, affectionate look at Ethel Kennedy by her youngest child, manages to do. It's a heartfelt reminder of public service's rewards and heaviest demands, elements that can be lost in the moment's rough-and-tumble.

It also honours a rarely interviewed Kennedy wife who was eclipsed by her more glamorous sister-in-law and sister in tragedy, Jacqueline Bouvier Kennedy.

Debuting Thursday on HBO (9 p.m. EDT), Ethel offers the life and times of Robert F. Kennedy's widow through the lens of accomplished filmmaker Rory Kennedy, born six months after her father's 1968 assassination.

Her mother is a reluctant star but, with the help of siblings and a rich film and photo collection, Rory Kennedy creates a portrait of a feisty, devout and socially concerned woman who carried — and carries — on despite shattering loss.

Ethel weaves family memories with the major events of her husband's political life, including the Cuban missile crisis that confronted his brother, President John F. Kennedy, and RFK as U.S. attorney general.

It also creates a charming portrait of Ethel as a girl who would rather handicap the ponies than study her schoolbooks and who raised her children to be game competitors, never whiners.

But Ethel Kennedy's on-camera discomfort marks her as clearly out of step with the Facebook crowd. So why agree to the project?

"Because it was Rory who asked," replied Kennedy, 84, in an interview in which she kept her answers short, pointed and invariably self-effacing.

Asked to assess the film, she replied, "How remarkable she (Rory) is that she can pull something out of nothing. It's not like I've ever done anything. It's like I was just there."

Rory Kennedy quickly jumped in.

"It's consistent with how my mother speaks about herself. She has accomplished so much in her life and done extraordinary things," she said.

"But as you can see, she's not comfortable giving herself credit for it."

THE ASSOCIATED PRESS

RFK's assassination

- **Still a struggle.** One area that remains off limits for Ethel Kennedy in the film is her husband's Los Angeles shooting. "Talk about something else," she replies to her daughter's question on the subject.

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Robert F. Kennedy's widow Ethel Kennedy is portrayed as a feisty, socially concerned woman in a new HBO doc. HBO

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that everyone should know about!

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Johnny P., Norway

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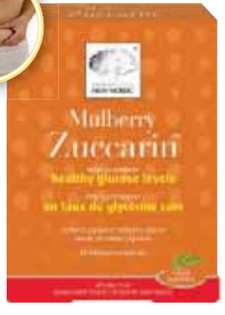

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*J.Agric Food Chem. 2007, 55, 5869:T.Kimura et al, "Mulberry powder enriched with 1-DNJ supresse postprandial blood glucose in humans."

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Ken Leeds (Geoff Gustafson), left, Angelika Finch (Miranda Frigon), Dylan Weir (Sara Canning), Evan Cross (Niall Matter) Mac Rendell (Danny Rahim), Toby Nance (Crystal Lowe). HANDOUT

New World not a new genre for leading man Niall Matter

Sci-fi drama. Primeval: New World premieres Oct. 29 on SPACE

STEPHEN ERAMO
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Dealing with all creatures great and small takes on a whole new meaning in SPACE's upcoming sci-fi drama Primeval: New World. A spin-off of the UK series Primeval, it follows a team of Vancouver-based scientists that investigates "Anomalies" or rips in time that allow prehistoric creatures to cross over into the present.

Having played Zane Donovan on Eureka, Niall Matter felt he might make a good fit as New World's leading man, software genius Evan Cross.

"This is a genre I'm pretty familiar with now, and I hoped that I would have a following from Eureka coming over with me because sci-fi fans are so loyal," he says. "Stepping into a lead role and playing a bit of an action hero were things I was very interested in doing, so this opportunity came along at the perfect time."

Working with Evan to capture and try to return these unwanted interlopers home is Sara Canning's character of predator control officer Dylan Weir.

"The very first scene we shot for the series is where Evan and Dylan meet for the first time, and without spoiling it, there's something off in the distance that doesn't necessarily sound like a grizzly bear," says the actress with a chuckle.

Actor Danny Rahim, who plays firearms expert Mac Rendell, sees his character as the viewers' eyes and ears.

"This is a bizarre world where dinosaurs are walking around Vancouver, and as the sort of realist, Mac is like, 'Is that what I thought it was?'" says Rahim. "That's where I hope fans will engage with and relate to him."

Evan's colleagues also include business/financial whiz Angelika "Ange" Finch (Miranda Frigon), who runs his company, Cross Photonics, and Toby Nance (Crystal Lowe), the techie responsible for building the team's Anomaly-busting gadgets.

"The biggest challenge with my character is trying to show all the human colours and not just the 'bitchy' boss lady," says Frigon.

"You have to reveal what's underneath for people to realize, 'Oh, she does have a heart.'"

Lowe recalls, "I'd never played a techie before and I remember at the start asking Niall, 'Oh, God, when does this get easier?' because he'd done all that tech stuff on Eureka. He said, 'Don't stress; by episode five you'll be fine,' and he was exactly right."

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Halle Berry

Halle Berry loves her 'Louie Lightfoot'

Halle Berry is opening up about how she first fell for fiancé Olivier Martinez. "When I first met Olivier, there wasn't the initial 'I'm in love!' It was something that grew more gradually — and it feels more real because of that," she tells In Style magazine. "He's silly, a clown, and very much the life of the party, which is good for someone like me. Danny Downer … been there, done that. Now I like Louie Lightfoot!"

Rupert Sanders

How Sanders got his groove back

Snow White and the Huntsman director Rupert Sanders — who made a name for himself by having an affair with star Kristen Stewart earlier this year — has reportedly booked his first directing gig since the scandal, according to Deadline. Sanders is set to take on the Juliet, based on a science-fiction short story by Alfred Bester. Sanders is also allegedly in talks to direct a Van Helsing reboot.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kate Gosselin gets no love from the coupon clippers

THE WORD
Dorothy Robinson
scene@metronews.ca

Kate Gosselin has had a hard time finding work since her TLC TV show Kate Plus 8 was cancelled. And now it looks like her one steady gig, being the world's most famous coupon blogger, has come to an end. Yes, earlier this week, Coupon Cabin's CEO Scott Kluth wrote a letter to his users telling them they let Gosselin go. "A series of recent events have made it clear to me that Kate Gosselin and her contributions do not align with the authenticity which we set out to build almost a decade ago, and that Ms. Gosselin is simply not a good fit with the wonderful team and culture at CouponCabin. It's with this that I am writing to inform you of our decision to discontinue Ms. Gosselin's feature blog on CouponCabin.com."

And did the claws ever come out in the literally hundreds of comments this post produced. Some of the finest: "I remember reading her blog and actually saying out loud, 'What does any of this information have to do with using coupons?'" Lynne M

"It is about time. There was not ONE GOOD COUPON tip she EVER contributed to this class site." Nancy Davis Kuziola

Lesson learned? Don't cross online couponers. They are a frisky, money-saving and very vocal bunch.

Twitter

@andersoncooper
The hotel blanket that's there for decorative purposes creeps me out.

@msleamichele
Doing some major fall cleaning at my house right now! I love it! So excited to pull out the sweaters and boots! :)

@NiaVardalos
Dear sweet kind pretty woman who pointed out my laptop I'd left behind on a counter yesterday. Thank you.

@SteveMartinToGo
I'm actually quite funny today. It's my Twitter account that isn't.

Katy Perry

Home, separate homes for Twilight lovers

While Kristen Stewart and Robert Pattinson may have reunited, they may start off their reconciliation living apart. Stewart has reportedly purchased a $2.1 million house just a mile and a half from the Los Feliz home she shared with Pattinson prior to this summer's scandal over her infidelity, according to Hollyscoop. Stewart apparently bought the four-bedroom Spanish-style property in August, though, when the couple seemed to be on the outs, so maybe now that they're back together she won't be using it much.

They're hot then they're cold: John and Katy on again?

On-again, off-again couple John Mayer and Katy Perry appear to be on again — or at least they did this week in New York, where Mayer celebrated his 35th birthday at a quiet dinner with friends and family, according to Us Weekly. Perry was by his side the entire night. "It was a very tame and civil," a source says. "They talked and laughed but nobody got crazy. Everyone looked like they were having fun. John seemed happy."

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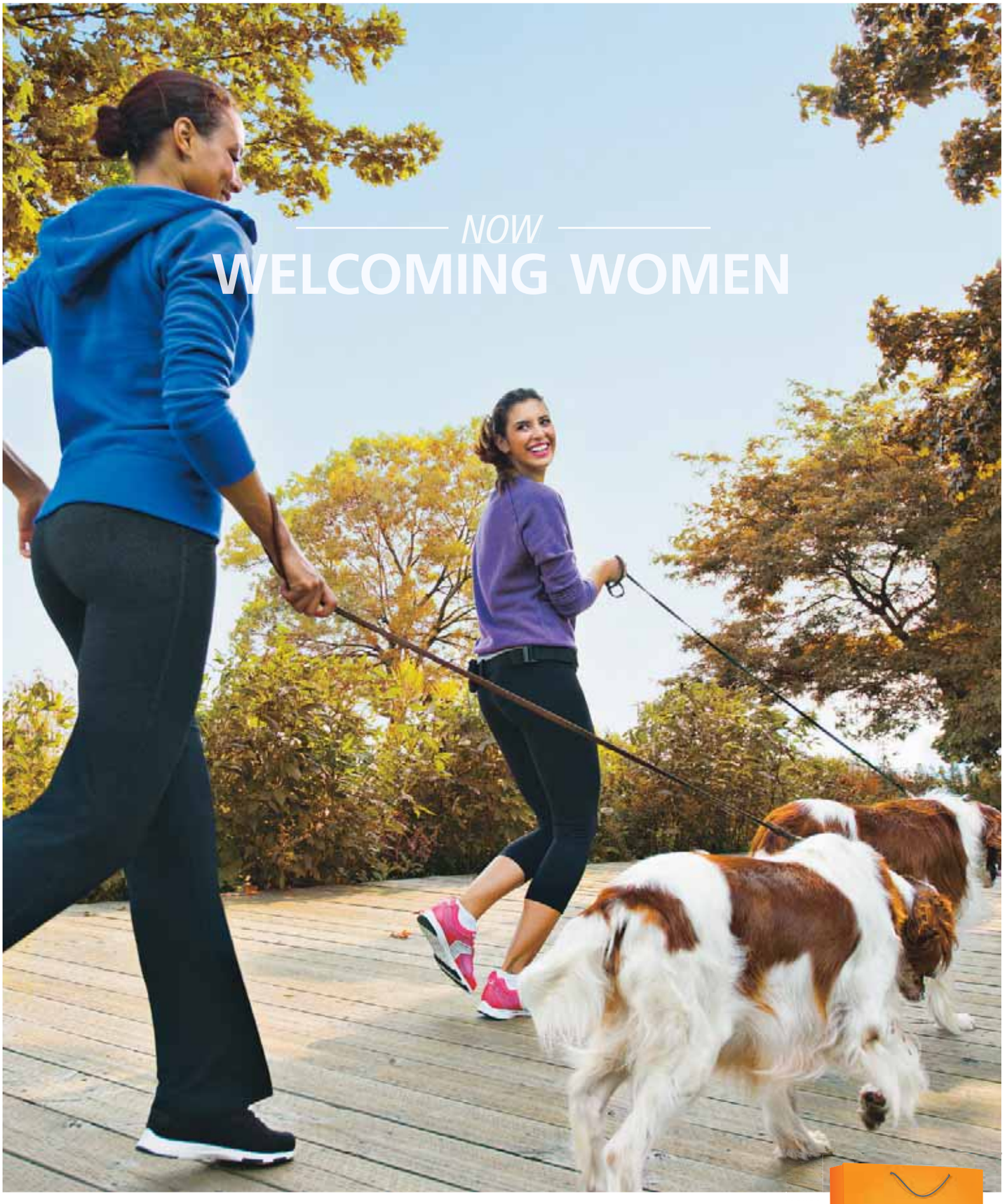

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Shopping the runway

From runway to retailer: While some trends only last the length of the catwalk, other creations will find their way to the shop floor. We chat to two buyers about what they think will be the biggest hits for spring / summer'13.

RICHARD PECKETT
richard.peckett@metro.lu

Simply monochrome

Always a favourite with fashion editors and for those of us who are after something timeless and recession-proof. In a sense, it's well-crafted simplicity, but that's not to say you're playing it safe with your look. Designers use the monochrome colour palette as a platform for a multitude of styles: long and loose at Celine, "deconstructed classicism" in designer Alber Elbaz's words at Lanvin (think tuxedos, kimono styles and square-shaped pieces), with ruffles and provocative slits and cuts at Balenciaga.

Glamour girls

"Sequins and intricate beading wove their way onto the most glamorous of dresses and gowns at Alexander McQueen and Valentino, while embellishments glittered in creations from the likes of Oscar de la Renta and Chanel," Head of Womenswear Emma David told Metro. Ornamentation always gets the red carpet flashbulbs popping and that's something the high street loves to recreate with glitzy evening wear looks.

Sixties redux

"There was a big sixties retro influence across this summer's trends — both for abstract, minimalist styles across collarless jackets, pencil skirts and dresses appear in matching stripes and checks," says ASOS's Buying Director Emma Fox. Where Tom Ford went for a style à la raunchy sex kitten with a nod to Barbarella, Gucci explored vibrant tunics and trousers, while Moschino's designer Rossella Jardini referenced style icon Audrey Hepburn (pictured) with cutesy dresses and shrunken proportions.

Sheer style

Play peek-a-boo come summer with the cheeky, diaphanous trend. ASOS's Emma Fox reckons it'll be a big trend for the online retailer after it arrived on an array of catwalks. Haider Ackermann (pictured) notably showed a billowing bespectacled polka-dot slip dress, chic and sheer at Topshop Unique and sexily sassy at Nina Ricci. It's a teasing, seductively sophisticated look without being out and out slutty. If past seasons are anything to go by, this revealing trend is likely to be one of the biggest sellers.

Flower power

If fashion had seasonal style commandments, florals would be one of the most sacred. It's a fashion institution and this season was no different, with pop art daisies at Prada to floral print forties tea dresses and "this season's wallpaper blooms mixed with clashing patterns at Christian Dior, Erdem (pictured) and 3.1 Phillip Lim, is sure to be embraced," Helen David, Harrods' womenswear general merchandise manager, told Metro.

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What a start! It's Opening Ceremony

FASHION: It's been a labour of love for globe-trotting duo Humberto Leon and Carol Lim whose concept stores are something of a fashion phenomenon

RICHARD PECKETT
life@metronews.ca

"I feel like we want Opening Ceremony to be a place that you discover things. The shopping part is secondary," says co-founder Humberto Leon of the brand's stores.

It sounds like a bizarrely counter-intuitive business model: after all a shopper's experience, however positive, won't pay the bills. But the designer duo Humberto Leon and Carol Lim want to avoid the vulgarity of the bottom line and market value.

Indeed, when pressed for a market value estimation Leon coyly responds: "I mean it's worth a lot of time and energy. I don't think there's a dollar amount," concluding by a knowing laugh. Let's just put it this way, Leon and Lim invested $10,000 each and they acquired a matching loan; they've self-funded all growth since Opening Ceremony was founded in September 2002.

The Kenzo spring/summer 2013 show. NOWFASHION

Their approach to business is less concerned with aggressive expansionism and more focused on growing organically — but impressively with 4,000,000 unique visitors to the website: openingceremony.us that launched in 2009. Not to mention their own Opening Ceremony label, which is sold in over 300 stores worldwide, plus branches in New York, L.A. and an eight floor concept store in Tokyo, a blog and a Twitter following that exceeds 74,000.

Opening Ceremony founders: Carol Lim, left, and Humberto Leon. SEBASTIAN KIM

The shop CONTRIBUTED

It's a strategy and outlook that's draws in the right crowd: cool kids, artsy types and the fashion-savvy after young designer talent. Blogger and fashion personality Susie Lau (stylebubble.co.uk) puts it down to "making high fashion approachable, friendly and aspirational for a younger clientele — there's a real connection between music, film, art and even food in their selection."

It's clear the designers can truly read the fashion zeitgeist: from launching Alexander Wang to being the first to stock Havaianas flip-flops, Acne's coveted skinny jeans and Topshop in the U.S.

Even their latest store opening in London goes against the grain by eschewing their hipster habitat in favour of Covent Garden. A location that Leon openly admits isn't the "typical" choice for Opening Ceremony, however, it's a strategy that the Berkeley College, California-educated designers employed when they first arrived in New York by setting up just outside SoHo.

Clearly, the selection of shop location isn't completely whimsical. Their stores have a cult status like Dover Street Market in London, Corso Como in Milan, Colette in Paris. The duo, who met in 1993 while studying, are well aware that their shops are a tourist destination within themselves. Their stores offer access to exclusivity but within the framework of an inclusive, Opening Ceremony community.

Susie Bubble explains, "The lifestyle appeal is particularly obvious at the Ace hotel in New York which feels more like a lifestyle store than a fashion boutique. Also, on a price point level, they sell a lot of non-fashion trinkets [keyrings and pencils]."

METRO CUSTOM PUBLISHING

NO BOYS ALLOWED ON THIS GETAWAY

Just east of the GTA, Port Hope is the perfect backdrop for your next girlfriend getaway.

This historic city boasts "The Best Preserved Main Street in Ontario," according to TV Ontario. Walton Street is also a shopper's dream, with a number of unique boutiques offering excellent fashions, garden delights, fine crafts, and accessories.

Port Hope is definitely the place to be for home decorating ideas, too. Antique stores specializing in Oriental, Art Deco, traditional, Mid-Century Modern, Canadiana, and country styles abound. Take a culture break and visit the Art Gallery of Northumberland with many works by renowned Canadian artists, including David Blackwood.

The beautiful Capitol Theatre is the place for entertainment this season with an exciting fall schedule. Oct. 27-28 is the 20th annual Vintage Film Fest that features classic chick flicks like It Happened One Night, Rebecca, and The Best Years of Our Lives.

The city also has restaurants for every taste from casual cafés to charming coffee shops and fabulous fine dining. Favourites include Jim's Pizzeria and Spaghetti House, Blackbeans Steakhouse and Lounge, and Zest Bistro.

And when it's finally time to call it a night, the Dorset Manor Inn is an elegant retreat complete with a gorgeous on-site spa. Other dreamy options include the Waddell Hotel and Carlyle Inn.

Catch up with your friends in the best region for best gal getaways – Peterborough, Kawartha Lakes and Northumberland. We're sure that after one weekend of fun, "Our Favourite Place" will become your favourite place.

IN SEARCH OF ONTARIO'S BEST BUTTER TART?
See the official Butter Tart Tour at ourfavouriteplace.ca
Toronto
Should they be runny or firm? With raisins or plain? The topic of what makes the perfect tart is much debated among aficionados, but the best answer is personal:
"Did you wipe your hands after eating one or lick your fingers clean?"
It's quite possible that the first butter tart was baked at a farmhouse in the Kawarthas or Northumberland. So, plot your next culinary getaway to the land of 1,000 perfect getaways, and savour the region's best butter tarts, whether they be dense or crumbly, warmed or from the fridge.
Our Favourite Place
Peterborough · Kawartha Lakes · Northumberland

As it gets cold and darker outside, you'll want your make up to match the moods of the season: purity, depth and glam. We pick out the latest beauty products to update your beauty cabinet this fall.

ROMINA McGUINESS
life@metronews.ca

5 Flawless looks for fall

EYES:

YSL Pure Chromatics Wet and Dry Eye Shadow

ysl.com

SMELL:

Chanel: CHANEL No.5

chanel.com

LIPS:

Givenchy Rouge Interdit Satin Lipstick

givenchy.com

CHEEKS:

Lancôme: Midnight Roses Blush Highlighter in Moonlight Rose

lancome.com

FACE:

Chantecaille: Future Skin Foundation in Vanilla

chantecaille.com

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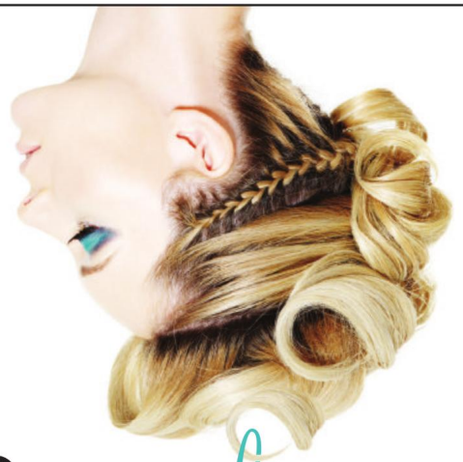

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Model. Cara Delevingne

Cara Delevingne is an 'It girl' in every sense: model, socialite and now actress, starring alongside Aaron Johnson-Taylor and Keira Knightley in this season's much-anticipated Anna Karenina. Oh, and by the way, she's only 20. You can expect to see plenty more of this girl both on an off the runway — just ask the bloggerati.

Let's Dance. '80s style

The spring / summer'13 runways got into the Eighties groove. Jean Paul Gaultier looked to Eighties icons David Bowie, Madonna and Boy George (style pictured), to name a few. Philip Treacy even paid tribute to the King of Pop with a Michael Jackson-themed wardrobe.

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The Kit

Canadian street style

Spotted in: Toronto

Sarah Moore

Store associate at clothing store, SIC

Age: 24

What she's wearing
Ray-Ban sunglasses, City Beach necklace, Agent 99 jacket, Evil Twin blouse, Jay Jay's jeans, Obsessed leather bag

Her inspiration
"I love the combination of vintage and edgy looks. I find inspiration for my style from The Satorialist. I look at his blog almost every day."

THE KIT PHOTOBLOGGER: GILLIAN MAPP, GILLIANMAPPONLINE.COM

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@Jeanne_Beker: With Joe Mimran @JoeFresh HQ. Spring's all about graphic prints, disparate textures, cool shapes...

@Jeanne_Beker: With Narciso Rodriguez, watching HIS fashion show @narcisostudio @thehudsonsbayco fund-raiser

Spring into future fashions with ease

On top of transition. Can't wait to try out the trends from recent runways? Just go for it!

The most influential runways have had their say for next spring, but there's no need to wait for stores to stock up on cut-outs, lightweight leather, sleeveless jackets and shorts suits. There's a way to capture "fashion next" right now: with your lipstick, hair and handbag.

The themes in many of the collections were strength and toughness, and more than a hint of sexiness, which can be achieved in ways adaptable to many ages and lifestyles.

Tweaking your makeup routine is more about how you wear the products than a change in products themselves, says Linda Wells, editor in chief of Allure. This season the overall look was relatable to the everywoman — save the patent-leather eye candy at Fendi. It included red matte lips, red lacquered nails and a low ponytail.

"You can adopt new trends right away, but you're not going to look out of season," she says. "It's not like you're starting to wear crisp white dresses in November or sandals in the winter."

Transition is underrated, adds makeup artist Bobbi Brown. Take the time to move from one trend to another with an evolution in your look instead of a jarring change. "I've always held the philosophy that trends shouldn't be stuff that you have for a few months and get rid of."

Who can argue with flawless skin, full, red lips and slightly tousled hair?

"I like that it all seems a little undone but not fussy," says hairstylist Oscar Blandi, who saw flashes of Brigitte Bardot on the catwalk. "It's a little raw and very beautiful."The clothes exuded so much confidence that Blandi found balance with more natural-looking hair and makeup.

Now and forever

"I've always held the philosophy that trends shouldn't be stuff that you have for a few months and get rid of."
Bobbi Brown, makeup artist

Shoes and purses also are "early adopters" of trends, largely because affordable versions of what's on the runway are widely available. Expect extreme gladiator styles and hardware at a store near you.

"All the clothes with leather harnesses are hard for real women to afford and to wear, so the bondage movement hit the feet, and the shoes were sexier than ever," fashion commentator Mary Alice Stephenson says.

THE ASSOCIATED PRESS

If the bright red lipsticks of fashion month seems too much, try the look out in a lip gloss. LOUIS LANZANO / THE ASSOCIATED PRESS

Coffee meets couture. Starbucks and Rodarte find common ground

Not expecting the indie fashion darlings of Rodarte and the in-every-neighbourhood coffee retailer Starbucks to be in the same sentence, let alone the same stores?

They will be, come Nov. 13.

Starbucks Corp. tapped sisters Laura and Kate Mulleavy as its next design partners for a series of limited-edition products for the holiday season. There'll be Rodarte-designed gift cards, tote bags, cup sleeves and mugs. The signature pattern features a pixelated checkerboard of grey, white and silver set against different shades of green.

It's not specifically "holiday," but that's intentional.

For the design duo, it's a chance to put their name - and their style - out to a new audience. Typically, their fashion designs are edgy, conceptual styles that are not necessarily in line with mass-market taste.

"Our clothing is specialized," Laura Mulleavy said in an interview, "and when we are thinking of Rodarte, we choose things that say who we are as designers, but we're not limited to that. We like the idea of collaborations and putting our thought process somewhere else."

This project marks Starbucks' first foray into fashion, said Samie Barr, vice-president of category brand management, but the company sees it as "putting us on the map as a true inspirational gifting destination."

THE ASSOCIATED PRESS

Style in the city. Marshalls makes its move downtown

Marshalls, one of the world's leading off-price retailers, is set to open its first downtown location in Toronto today. Launched in Canada last year, Marshalls has since opened six stores in 2011 and eight in 2012, providing Canadians the opportunity to shop brand name and designer fashions.

"Now with over a dozen locations across Ontario, we are seeing the desire for affordable fashion continue to rise," says Sarah Smithers, Marshalls spokesperson.

The new store on John Street will include THE CUBE, a high-energy in-store boutique for the fashionable and discerning teen, as well as a selection of more than 8,000 pairs of brand name footwear.

METRO

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Venture into the enchanting, tasty and vibrant land of Burmese cuisine

Fried Rice with Shallots

This recipe serves three or four. RICHARD JUNG

"This simple way to use leftover rice is great for breakfast," writes Naomi Duguid. "Top it with a fried or poached egg or some cooked chickpeas. Or serve instead of plain rice to accompany a meal.

"After getting up in the dawn hours to photograph markets, I've often found find myself looking forward to some version of the rice, peas, and fried egg combo around eight thirty. At home in Toronto, I top the rice with fresh coriander leaves or tender greens and a fried egg, and drizzle on one of the condiment sauces to give it a kick."

Ingredients

- 2 to 3 tbsp peanut oil
- 1/4 tsp turmeric
- Generous 1/2 cup sliced shallots
- 4 to 5 cups chilled cooked jasmine rice
- 1 tsp salt
- 1 cup green peas (optional)
- 2 tbsp Fried Shallots
- Lime wedges (optional)

1. Place a wok or a heavy, deep skillet over medium-high heat and add the oil, then add the turmeric and shallots and stir-fry until the shallots are tender and translucent, about 5 minutes.

2. Raise the heat to high and use wet hands to break up any clumps as you add the rice to the pan. Add the salt and peas, if using, and stir-fry, pressing the rice against the sides of the pan to sear it. Continue cooking until the rice is hot (the peas should be cooked by then), add the fried shallots, stir-fry briefly, and transfer to a serving bowl. Serve with lime wedges on the side if you wish.

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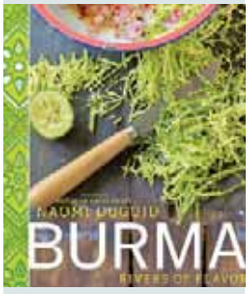
Cookbook of the Week

Introducing the flavours of Burma



Located at the crossroads between China, India and South Asia, Burma's cuisine combines Chinese noodle dishes, the curries of India and Thailand and salads.

Guiding you through the Burmese kitchen is award-winning author Naomi Duguid in her book Burma: Rivers of Flavor.

With simple recipes for food that manages to be elegant and earthy at the same time, plus stories of a place and a people that inspired Somerset Maugham and George Orwell, this is a culinary journey worth taking. The book also features photographs, travel tips and more. METRO

Not your average beef sliders

"The original Shan recipe is for meat balls made with ground beef or pork flavoured with minced lemongrass, ginger, and garlic," writes Naomi Duguid in Burma: Rivers of Flavor.

"I've found it easier in a North American kitchen to flatten the balls and cook them as sliders. They cook slowly in a little oil, which gives them a slight crust and succulent interior.

"You want some fat for tenderness, which is why the recommended cuts are flank steak or pork shoulder."

Ingredients

Sliders

- 1 lb ground pork
- 1/4 tsp turmeric
- 2 tbsp minced lemongrass
- 2 tbsp minced garlic
- 1/2 cup minced shallots
- 2 tbsp minced ginger
- 1 tsp salt
- 1/4 cup chilled cooked jasmine or other rice
- 1/2 tsp cayenne
- 1/4 cup finely chopped Roma tomatoes
- About 1/4 cup peanut oil

1. Place pork in a bowl, sprinkle with turmeric, and set aside.

2. Sliders: Combine the lemongrass, garlic, shallots, ginger, and salt in a large mortar or the food processor and pound or pulse to a coarse paste. Add the rice, chile powder, and tomatoes and pound or pulse again.

3. Add the flavour paste to the meat and knead it thoroughly into the meat. Shape the mixture into balls about 1 inch in diameter, then flatten each one gently into a thick patty. Set aside on a lightly oiled plate.

4. Place skillet over high heat. Add the oil, then lower the heat to medium-high and add the sliders, being careful not to splash yourself with oil; arrange first ones around the edges of the skillet and work your way in to the center. Cook 3 minutes or so, then use wide metal spatula to turn over. As the meat starts to release water, raise heat a little to evaporate it. Remove sliders from pan when they are firm to touch reach the degree of doneness you like.

This recipe makes 16 to 18 sliders. RICHARD JUNG

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Patrick Marquis recently opened his fourth Tim Hortons restaurant, making him one of the company's most successful franchisees in Quebec. He attributes his success to a strong brand, a capable team, a supportive bank and a little bit of luck.

"I came on board at the perfect time," he says. "In the early 2000s, Tim Hortons was just starting to gain in popularity in Quebec. I became a franchisee in 2004 and the business has just continued to grow."

Marquis knows well the power of a strong brand: For 15 years, he worked in the corporate offices of MacDonald's. Although his career was going well, he yearned to operate his own business and recognized Tim Hortons' potential in Quebec.

"The business models of the two companies have much in common," Marquis says. "Both focus on consistency in the customer experience and in the quality of food. It's a proven formula."

Marquis appreciated Tim Hortons' turnkey approach to franchising. Once a franchisee signs an agreement, the corporation helps get the new restaurant up and running to its rigorous standards.

The Tim Hortons juggernaut is familiar to most Canadians. From its humble beginnings in Hamilton, Ont., in 1964, the chain has gone on to open more than 4,000 restaurants across Canada and the United States. Total annual sales fell just shy of $3 billion in 2011 and continue to increase. Initially, the chain focused its growth on markets in Ontario and the Maritimes. The number of restaurants in Quebec has doubled in the last 10 years, however, and it opened its 500th restaurant in the province earlier this year.

When Marquis decided to expand to four from two restaurants, he turned to his bank for help. He was disappointed in the quality of service he received, though, and decided to shop around. He quickly settled on Scotiabank.

"I've been extremely satisfied with Scotiabank," he says. "They not only gave the best interest rate, but also provided me with a variety of advice and support."

Marquis now owns three restaurants on Quebec City's south shore and one in the historic old quarter, and is considering further expansion.

PROS AND CONS FOR FRANCHISEES

PROS: Associating with a known brand lowers risk significantly; head office usually pays for advertising, some aspects of customer service (e.g., call centre), and research and development of new products and services.
CONS: Up-front costs can be high; little independence — product and service offering is fixed, and franchisee typically must use corporate suppliers.

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Meet the condo

- **What.** 88 Scott condominiums
- **Builder.** Concert Properties
- **Location.** Scott and Wellington Streets
- **Website.** 88scott.com
- **Sizes.** From 555 to 1,650 sq. ft.
- **Pricing.** From $379,900 to over $1 million

The project overview

The perfect balance of livability and luxury, defined by clean lines and simple forms, and a selection of premium quality materials and finishes. Four major suite collections comprise 88 Scott's 58-storeys of refined city living.

Location and transit

Located in the heart of the financial district, steps from the downtown core. It's a short walk to the Yonge St. subway and Toronto's Union Station and GO transit platform. Drivers will enjoy proximity to the Lakeshore Boulevard and Gardiner Expressway.

In the neighbourhood

A prime location next to the St. Lawrence Market and many fine restaurants and bars. Residents can enjoy the nearby waterfront with Sugar Beach and the Toronto Island Ferries. Across the street is the St. Lawrence Centre for the Performing Arts.

Building amenities

A fully-equipped weight room, yoga and spin studio, an indoor edge pool with change rooms, showers, a sauna and steam room. There's a lounge with kitchen, fireplace, screening room, private dining room, and a billiards room with bar.

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Rooftop Surfing

A look at the GTA's high-rise market

BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) can be found at twitter.com/bildgta), (facebook.com/bildgta), and bildblogs.ca.

It's just past the halfway point of October and as I admire the collage of yellow and red outside, I can't help but think back to the last few weeks of summer and reflect on what happened to the GTA's high-rise market in late August.

Those of you who follow the trends in new home sales may have already read that the 1,242 homes sold in August 2012 add up to the lowest monthly sales since 2009 and the lowest August on record.

While it's tempting to jump to conclusions, let's take a pause and analyze the market from a more detailed approach.

In one of my previous columns, I explained the effect that the federal government's new mortgage lending policies have had on consumer confidence and, in turn, its effects on new home sales.

I would like to add to that by pointing out that in the first half of 2012, builders and developers launched a total of 65 new projects in the GTA, totalling 15,007. That's more than the 56 projects launched in 2011 — a year that saw high-rise sales exceed 28,000 units!

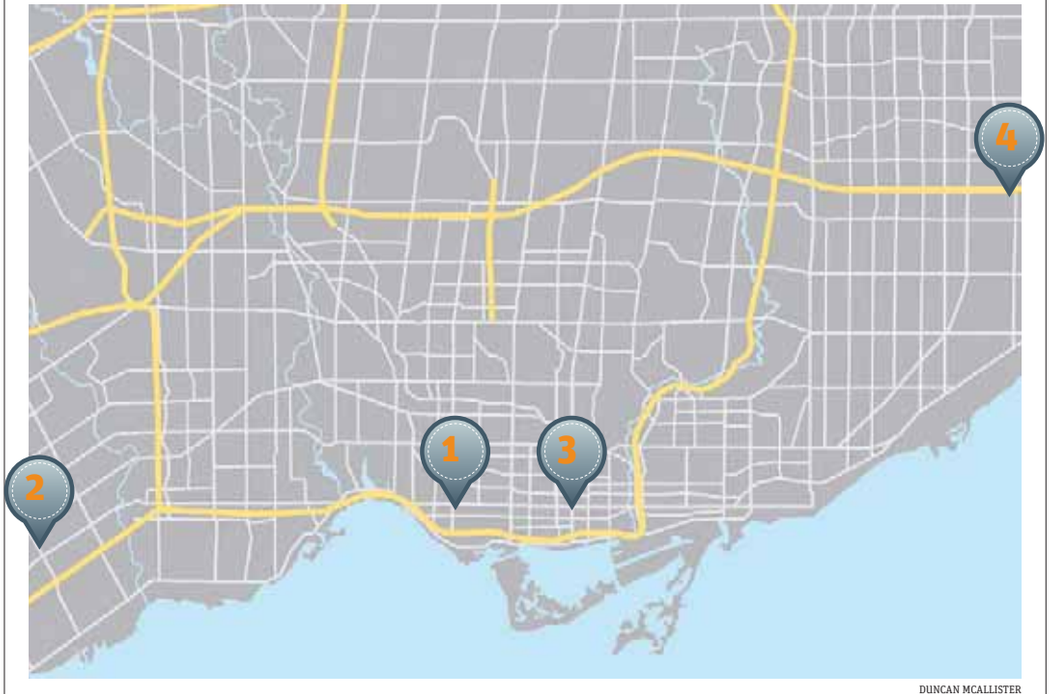
By comparison, let's look at new supply put on the GTA market this summer. July and August 2012 saw a mere seven new project launches, totalling 897 units — a fraction of the amount of launches observed in 2011.

Had those launches been spread out evenly over the course of the year, as opposed to being release in the first half, year-to-date high-rise sales would still remain above the long-term average but monthly sales figures would be a lot more balanced, eliminating the hard decline we saw in August.

As my friend George Carras of RealNet Canada says, "you can't sell what you don't have" and with summer launches down 77 per cent, that's a pretty accurate way to describe new high-rise sales activity this summer.

With high-rise inventory in the GTA nearly at 20,000 as of the end of August, it says to me that builders and developers are holding until a more favourable time of year to launch new projects. I'm anxious to see what happens next spring as the weather heats up. Perhaps sales will follow.

What's hot on the condo market



DUNCAN MCALLISTER

1. Queen West

Pop-up shop

The Carnaby: Pop-up shop. Incentives, designer furniture. Check it out at 1230 Queen St. W. at Gladstone. Oct. 21 - 22 from 11 a.m. - 6 p.m. Call 416-690-9009 or visit carnabylofts.com.

2. Mississagua Condo

Open house

Two bedrooms, one bathroom. Check it out at 5150 Winston Churchill Blvd., Oct. 20 from 1 - 4 p.m. Call 1-866-336-9637.

3. Massey Tower

Now open

New Yonge St. condominiums. Check it out at 197 Yonge St., Call 416-966-0197 or visit themasseytower.com

4. Scarborough Condo

Four bedrooms

Open House: Huge Scarborough condo. Four bedrooms, three bathrooms. Check it out at 8 Lee Centre Dr., Oct. 20 from 2 - 5 p.m. Call 905-415-3800

Sam Beninato demonstrates fixtures at the RenoWOW store on Queen Street West. DUNCAN MCALLISTER/FOR METRO

A shower column installation by RenoWOW in a Toronto condominium. SAM BENINATO

Renovating your condo? Get help from the pros

Condo trends. RenoWOW coordinator talks about what's in vogue in today's condos

DUNCAN MCALLISTER
life@metronews.ca

So you're ready to make the big move and renovate your condo.

The smart thing to do is hire a professional to coordinate your makeover. Sam Beninato is the "wow coordinator" at RenoWOW, a Toronto-based end-to-end design and specialty renovations company.

Beninato is a licensed renovation contractor with many years in the construction trades.

"We're totally integrated. I've got my own workforce and I manage the whole process. I provide a pallet of high-design, high-styled upscale looks that are affordably priced," he says.

At their brand new retail store on Queen Street West, condo dwellers may browse a wide gamut of tubs, showers, faucets, tiles and vanities.

"The finishes that I'm seeing now: Glossy, easy-to-clean, large-format tiles. It's high-glaze porcelain; it's a high lustre so it always sparkles and it looks like a mirror," says Beninato.

And what about colours? "Subdued: your earth tones. So the bold colours, that was like a few years ago. Now we're seeing a lot of the subdued. But they're very, very nice and they're appealing. I like to say holistic."

Beninato says that spa-like shower systems are in vogue.

"They're called shower columns. They're integrated so you have body sprays, you've got an overhead rain plate, you've got a handheld mechanism. And that's the big thing that we're seeing right now because it works very well in condo environments because of the water pressure, and it's easy to fix if there's a problem, and it's reasonable, inexpensive. It replaces what people used to buy: whirlpools."

Condos of the past

Four passé things you won't see in a condo today:

- **Broadloom.** Every condo had it, but not anymore.
- **Stucco ceilings.** Very 80s. Not something you should do to your condo.
- **Wallpaper borders.** Wallpaper is still very popular. Just not the borders.
- **Whirlpool baths.** Take too long to fill and use a lot of water. Shower columns are in vogue.

King Blue condos

And in other news, King Blue condominiums held their gala VIP opening on Tuesday night.

In the lavish presentation center located at the old Westinghouse building on King Street W., a large crowd of potential buyers, real estate professionals and media were wined and dined and entertained by acrobats and a fashion show.

Steve Gupta, president and CEO of Easton's Group, currently owns 15 hotels, and King Blue is his latest foray in the King West village. Barbara Lawler was on hand with her Baker Real Estate team of young sales professionals working the room.

Two new towers on display at the King Blue condos gala VIP opening event on King Street West. DUNCAN MCALLISTER/FOR METRO

Mystery cottage lot

We have found a cottage that we are interested in purchasing but there is some question with respect to a back lot that is owned collectively and runs behind the 23 properties that front on the water.

Basically each cottage has shorefront, there is a road that runs behind the properties (which is owned by the Township) and then on the other side of the road is a wooded lot that is owned 1/23 by the owners of each cottage. Are there issues that we need to be aware of as we have no control over the back lot?

LEGAL MATTERS
Jeffrey Cowan
home@metronews.ca

Often times, cottage owners will purchase the land behind their lakefront lots in order to control development on the other side of the road.

These collective land purchases often are governed by cottage associations with Trustees, set up to transfer the land when the front cottages change ownership from time to time.

You should make sure that the association is properly constituted and that the taxes are spread across all of the owners (if there is applicable property tax). This is something that your lawyer can assist you with but you should be aware that there may be additional legal costs to make sure the property transfer includes the collective land parcel.

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Grey days with sunshine ahead

Decor report. The season's most welcomed colour combination is neutral grey and warm yellow

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

It's not news that grey has become this year's most-loved neutral in home decor.

The cool tone has been teamed with all the fashionable colours including espresso brown, orange, pink and now yellow.

The combination of grey and yellow offer decorators the best of both world's: the cool relaxing tones of grey and the warmth of a cherry yellow.

This way, we can decorate with a sophisticated look without a room feeling too depressing, especially during the long winter months.

Tips for decorating with yellow and grey

- If painting your walls grey, choose a tone (that's the light and dark aspect of colour) lighter than the tone of your flooring. If painting with yellow, always choose a brown- or green-based yellow for a more neutral effect.
- Remember the 30/70 colour mix rule: Choose 30 per cent yellow items and 70 per cent grey for a room. Never have equal amounts of colour (50/50) in a room.
- Grey will hang around the decor scene for a long time, whereas yellow is a two-year trend.

Keep in mind yellow is psychologically the most irritant colour of all. It's the first colour our eye is attracted to and also the first colour our eyes tire of.

Use it judiciously as an accent when decorating your space.

Donegal Chair, $1,600

Just a touch of bright yellow helps brighten a mid century modern style chair. CrateAndBarrel.com.

D-Constructed Throw, $149

Warm up with this seasons most welcomed colour combination of graphite and celadon. CB2.com.

Majestic, $60/roll

Modernize traditional wallpaper with a cool and warm colour mix of gold and grey. GrahamBrown.ca.

Myro Plate, $16

Mixing warm and cool tones on the table. CrateAndBarrel.com.

Peeled Lace Pendant, $700

Artful hanging lights create a warm glow with amber and grey glass. Anthropologie.com.

Cleaning

Belts or suspenders —not both

**Hello Charles. An old-fashioned question: Suspenders (braces) with belt or without? What about the bloody belt-loops? And do I need to clean these?
Thanks, Glen**

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hello Glen, Suspenders are a wonderful invention and truly work!

However, pants are designed to be worn only with one of the two items, so you must pick to wear either your suspenders or belt but never both at the same time.

Don't worry about the belt-loops while wearing suspenders, as it really doesn't matter.

Washing suspenders only needs to be done if and when they are dirty with a stain.

In that case if they are dirty, they are cleaned based on the material.

You will be wanting to show off your fresh, clean suspenders. ISTOCK IMAGES

Canning is inherently green — now make sure it's also safe

**Can I buy BPA-free canning lids?
-Brenda of Halifax**

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

The best practice would be buying glass lids from thrift stores and markets. ISTOCK IMAGES

The short answer is that, yes, BPA-free canning lids are available. And I'll tell you who makes them.

The long answer, however, is that although BPA-free canning lids are easy to find, they may not be the answer to your toxin-free food-preservation efforts.

A popular BPA-free option is the Tattler Reusable Canning Lid. It's made from polyoxymethylene copolymer (POM), which is a fancy way of saying that it's a BPA-free plastic. Yup, plastic! And it's not without its own cause for concern. This rigid compound has trioxane as a key compound — in other words, formaldehyde.

The jury is still out on the relative safety of ingesting trace amounts of formaldehyde.

Fans of the BPA-free lids point out that formaldehyde isn't released from polyoxymethylene until temperatures reach 250 C (482 F), well above the processing temperature for canning. Critics note that other factors — like acidity — can affect the release of formaldehyde from plastic.

So what's a concerned canner to do? First, let's be clear — my hat is off to all home canners. No matter how you look at it, putting up local food in re-usable glass jars to be eaten all season is inherently green. And choosing to eat from glass jars, instead of BPA-laden cans, can only be good for your health.

Now for the nitty-gritty best practices. I vote for buying traditional glass lids from thrift stores and markets whenever possible.

Barring that, consider using the boiling water bath (BWB) method instead of pressure canning. If adequate space is left in the jar, proper BWB canning doesn't require the food to touch the lid. Finally, you may want to try preserving some foods using other methods, like freezing and dehydration.

Happy canning!

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Laura Jofre's daughter stands with her dollhouse, currently an eclectic collection of Barbie furniture, painted wood furniture, fabric floors and doodle wall. LAURA JOFRE/THE ASSOCIATED PRESS

Dollhouse decorating: Fun, green, inexpensive

DIY for kids. The trend, which embraces projects in electronics, engineering and crafts, dovetails nicely with the mainly girl-driven activity of decorating

Quoted

"With school art programs being cut and less time in the curriculum for open-ended thinking, many moms are especially looking for projects and ideas that can help encourage these skills at home. So anytime we run a project that makes it easy for kids to be creative and make things with their hands, we get a big response."

FamilyFun Editor-in-Chief, Ann Hallock

In a kids' entertainment world of expensive game systems and disposable plastic toys, there is an alternative: Make something. Play with it.

An abundance of room-decorating games appears online; Girlsgogames.com has at least 30 games in which a bare space — a witch's house, say, or a Chinese palace or a baby nursery — can be revamped.

Making or redecorating an actual dollhouse in the real, not virtual, world isn't as easy as clicking on colours and furniture; it takes time, creativity, and patience. The reward? It actually exists.

My girls' dollhouse, a $5 yard sale find, has four tall rooms and an attic. Currently, the store-bought Barbie furniture mingles with repainted wooden furniture and sits on rugs made from origami paper and fabric scraps. The walls are covered with contact paper or scrapbook paper or, in one case, white printer paper. That wall is a "doodle wall," my eight-year-old recently proclaimed. "I wish I lived in this house," she added.

The house has fulfilled many fantasies: It has contained traditional bedrooms and living rooms, boutiques and cafes, playgrounds and kennels, depending on the current interest of the decorator. We sit down with whatever paper and fabric we have around, occasionally raiding the magazine rack or the bag of outgrown clothing. I can participate without directing; I just take a room. I have my own bathroom renovation dreams.

Angela Holton of Larchmont, N.Y., also got a dollhouse started and watched her daughter run with it. They wanted a bed; she and her 5-year-old made one from some cardboard packing material. A scrap of fabric became a blanket; finally they needed a pillow and thought of cotton balls. Each idea led to the next.

"I was teaching my kids to look at objects and think of different ways they can be used," says Holton. "It was like found art."

Her daughter quickly began spotting objects around the house that could be repurposed.

Making furniture and decorating rooms can be a very "green" project. FamilyFun magazine regularly shows easy-to-make dollhouses out of recycled boxes and furniture out of egg cartons.

Decorating a dollhouse "helps kids to be creative, resourceful and make things with their hands, which are skills that are so important in this digital era especially," says FamilyFun editor-in-chief Ann Hallock.

LAURA JOFRE/THE ASSOCIATED PRESS

Get comfy for those couch days

Throws. The small couch blankets are a chic, cosy option for fall decor

Cable knits, textural weaves, rich faux-furs ... this fall, throws are showing up in all the retailers' collections.

Basically small couch blankets, throws set the stage for comfy days spent on a comfy chair cocooned in a comfy — well, you get the idea.

What makes a throw a must-have is its wrapability. It shouldn't be too weighty and should have a soft, pliant feel.

Today's woolens and blends are different from the scratchy, itchy versions of the past. And the new synthetics are a tactile wonderland of supple, velvety plushness. In a great colour that co-ordinates with your furniture, a snuggly throw is a functional, stylish accessory.

Elaine Griffin, a contributing design editor to Better Homes and Gardens, recommends restraint when using this decorative element. "Solid colours and discreet patterns add style to living rooms and dens; leave the boldly striped and patterned throws for across the foot of your bed or in children's spaces," she advises.

But she also encourages a little colour play.

"Throws are guilt-free occasions to indulge in the season's trendiest colours," she says. If you can't commit to a burgundy or citron wall, consider a throw in those hues.

Karma Living's got a fun, honeycombed Indian cotton throw with pompom trim, available in a kaleidoscope of playful colours.

HONEYCOMB THROW, $32, FAB.COM

Homegoods has a big selection of luscious faux furs in chocolate, mink and ivory, sure to get the family pet vying for some cozy real estate. The off-price retailer also has a reversible black and grey fleece throw printed with the invitation "Wrap Around Me." Appliqued flowers add extra flair to a fuzzy confection of organic-hued wool and acrylic. And to evoke the winter cabin vibe, there's a homey reindeer and snowflake patterned throw in cranberry and white.

FURS, $39.99; WRAP AROUND, $29.99; APPLIQUE, $39.99; REINDEER, $49.99, HOMEGOODS.COM

Those looking for sumptuous, high-end throws might turn to the "Luxe Lodge" fall collection from Schumacher, which includes the Bancroft throw in a windowpane-check Scottish wool, available in sable, malt or oxford grey.

$312.50, DECORATORSBEST.COM

Yves Delorme's pastel-striped, baby alpaca Cote-a-Cote throw, and his rich, mulberry-hued Reflet jacquard throw, are elegant choices.

Rosita Missoni's Lenny and Montgomery throws, in the iconic Italian house's signature designs, would work in a variety of interiors.

And Rani Arabella's opulent cashmere throw can even be worn as a shawl.

COTE-A-COTE, $390; REFLET, $435; MISSONI, $365-$590; ARABELLA, $650, GRACIOUSHOME.COM

Garnet Hill's fall collection includes a vibrant colour-block design, perfect for a contemporary space.

$278, GARNETHILL.COM

Wilhelmina Jacobs does pricey but unusual faux fur throws in ocelot, Tibetan lamb, cow print and chinchilla.

WJ HOME COLLECTION, $89.99-$499, AMAZON.COM

At Overstock.com, find a lovely, soft, leaf-patterned cotton throw in two of the season's popular hues — sky blue and chocolate.

Vibrant blues, greens and oranges play up a boho floral/stripe cotton-blend print on the Bocasa Oleana throw.

A reversible dotted acrylic throw in chocolate/light brown or natural/ivory is a versatile, modern option.

WOVEN MOTTLED COTTON, $54.99; POLKA DOT REVERSIBLE, $22.99; BOCASA, $59.99, OVERSTOCK.COM

Finally, Boston-based decor and fashion studio Patch NYC is part of the newest group of shops at Target; their collection for the retailer includes a nubby boucle knit throw in retro chic cream, blue/black or olive.

$34.99, TARGET.COM

THE ASSOCIATED PRESS

An assortment of throws from HomeGoods.com LAURA JOFRE/THE ASSOCIATED PRESS

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Reno time? First things first

In his new series, Holmes Makes It Right, Mike Holmes takes on massive projects and tackles unexpected obstacles as he rescues families and communities from problems they never saw coming. With his motto, 'do it right the first time', the Canadian celebrity contractor gives the top 5 things you should consider before starting a renovation.

1

If your house was built before 1980 have it tested for asbestos.

You should check the tile, plaster and attic. Why? Don't you want to know if your house is safe for your family?

Also, it's important to properly remove contaminated items. It must be done by a licensed or qualified professional.

2

Educate yourself about products. Find out what is truly environmentally friendly, and what is just labelled "green."

3

Spend your money right the first time.

Some products just cost more, but in the long run it's worth it.

Watch where you cut corners. For example, use products like Walltite Eco, Bluwood, Pinkwood and Mould Resistant Drywall.

4

Make sure you fix the outside of your house first. For example, check out the roof, the exterior, the foundation and the grading.

Why put so much money into the inside if you can't protect it from the outside?

5

Find the right contractor before you start the job. It's hard work and may take you a bit of time but in the end it will be worth it.

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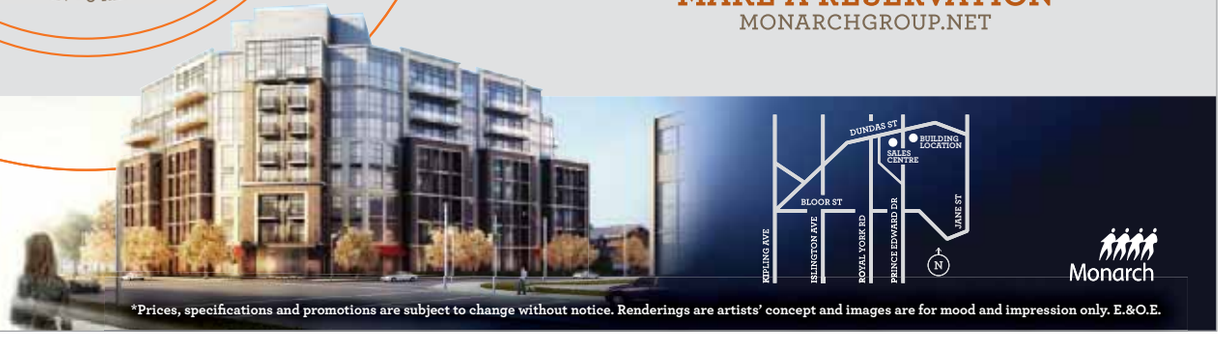

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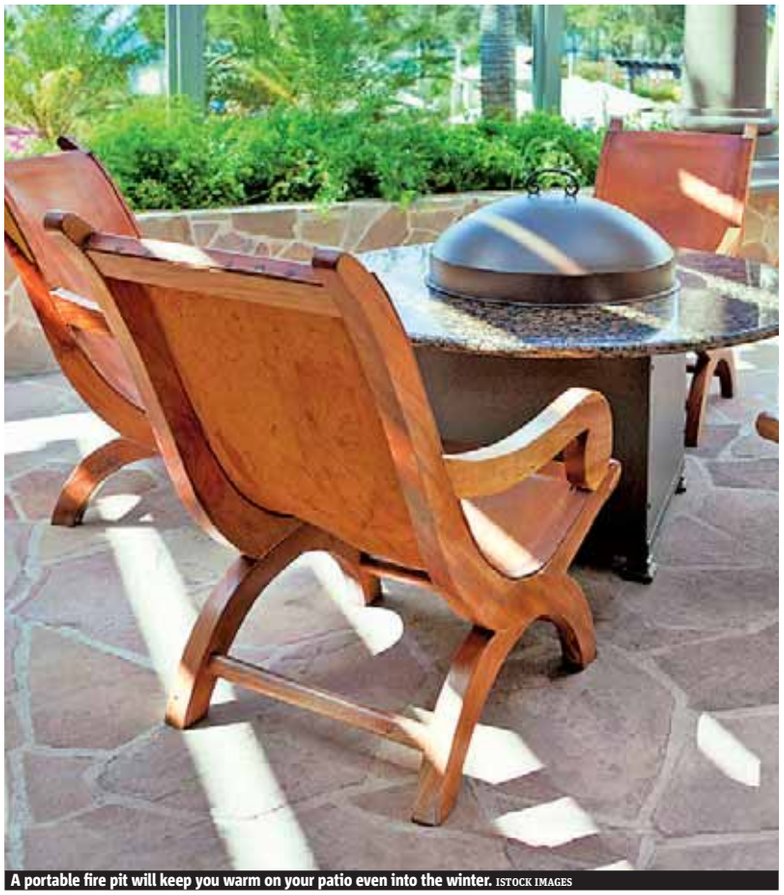

A portable fire pit will keep you warm on your patio even into the winter. ISTOCK IMAGES

Fall doesn't mean last call on your patio

DIY ideas. Add a few products to your deck to enjoy it even when the temperature dips

The weather may be cooler, but that doesn't mean you have to run inside.

These clever products will help you keep your patio or deck warm and cosy into the cooler months so you can enjoy your outdoor time even longer.

I Want That supplies more ideas like these as it takes a fast-paced tour through the latest and greatest building products and profiles all of the 'must-haves' for every home.

Warm Up

A portable fire pit can be the greatest thing to add to your outdoor space in the fall.

Make sure you find one that guarantees no rust, as well as a protective shield to ensure it keeps everyone safe.

On a smaller scale, fire bowls are a handy product to have. They usually have a mesh cover for safety, ensuring everyone stays safe and warm. You can also invest in a tall propane heater to stay on the patio right into the winter. These products can provide a 10 to 12 foot diameter of warmth, and most have a table that fits on the bottom for additional use.

Add Some Light

With cooler weather comes shorter days, so make sure you keep your outdoor space lit properly to enjoy the evenings.

Light-up flower pots are a fun way to provide a warm, ambient glow from planters that use low-watt LED lighting. These can be used in clever ways throughout your outdoor space to highlight various areas of your yard and home. Similarly, globe lights are a great way to add some personality and charm to your patio.

These frosted hanging lights can be used to dress up your space for a party, or just to add light on a chilly night.

Entertain

It may be cooler, but you can still entertain outside.

Consider outdoor speakers that will deliver crisp audio while being compatible with electronic devices so it's easy to transfer music.

You can always add more to amplify the sound further. A serving cart is a great way to treat guests on a patio, bringing them warm hot chocolate or mulled wine to ensure they stay cosy.

Get The Gadgets

Have fun with the outdoors this season! Look for a super blower — a handy product that combines a leaf blower, vacuum and mulching tool into one.

This will make clean-up of your outdoor space a breeze during this leafy season. A digital wall temperature clock is another great gadget.

This will automatically set the date and time — and update it during daylight savings. It tells you the temperature both inside and outside so you know when it's finally time to move indoors.

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The next stage of green: Pre-made homes

Prefab. Building homes off-site has many advantages

So much of what is in our homes these days is factory-made — toasters, furniture, toys — but not the homes themselves.

Most are still built on-site as opposed to being pre-fabricated and trucked in. That doesn't make sense, says Sheri Koones, author of four books on prefab housing, including the new Prefabulous and Almost Off the Grid: Your Path to Building an Energy-Independent Home (Abrams).

"Would you want your car to be built in your driveway?" says Koones, of Greenwich, Conn. "Of course you wouldn't. You want your car made in a climate-controlled factory by skilled professionals on an assembly line. Wouldn't you want the same thing for your home?"

Prefab housing, a concept that's been around at least since Sears and other companies introduced mail-order kits in the early 1900s, generally refers to factory-built modular and panelized housing.

They are built to the same code as traditionally built homes, with additional structural requirements to make sure they withstand being transported.

Depending on the home's size, multiple pieces (or modules) are delivered to a site and secured together onto the foundation in a matter of hours.

Prefab homes are typically 60 per cent to 90 per cent complete at the time of delivery, but often require an additional two or three weeks for finishing touches.

The exterior of a modern prefab house in Seattle. The home, created by Seattle company Greenfab, was the first platinum LEED-certified prefab home in Washington state. THE ASSOCIATED PRESS PHOTO/GREENFAB

By contrast, mobile homes, which carry much of the stigma against prefabricated housing, are built to a more lenient federal code, arrive on their own wheels, depreciate quickly and are not generally zoned for urban use.

Because modular prefab homes are indistinguishable from site-built homes, they have become increasingly popular, pushed by the growing interest in green building.

"Prefab homes are much more efficient and environmentally friendly. There is so much less waste in the manufacturing process. Any excess materials can be recycled into other homes or sent back to the manufacturer instead of ending up in a dumpster," Koones says. "Because the materials aren't exposed to the elements, prefab houses avoid problems with mould, rot and bacteria."

She also cites worker health and safety as a benefit to building homes off-site. "Prefab construction professionals can work year-round, indoors, without being exposed to the elements."

Still, some consumers remain unsure of what a green home built off-site would entail.

Greenfab, a Seattle company, recently used a newly built prefab home as a teaching tool. After producing the first platinum LEED-certified prefab home in Washington State, Greenfab opened the modern house to the public for three months.

School groups, builders, buyers and non-profit groups toured it.

"People in the neighbourhood just saw a foundation in the morning, and came home to find a completed house," says Johnny Hartsfield, founder and president of Greenfab. "Our main goal as a company is to educate the public on the benefits of green and prefab. "

He also lists cost as a reason to go prefab. Since the homes are pre-designed, he says, there are no architect fees, time delays or cost overruns.

"Site building is loud and stressful," Hartsfield says. "We want to make building your home more exciting and fun — we don't want you to hate it or get divorced over it."

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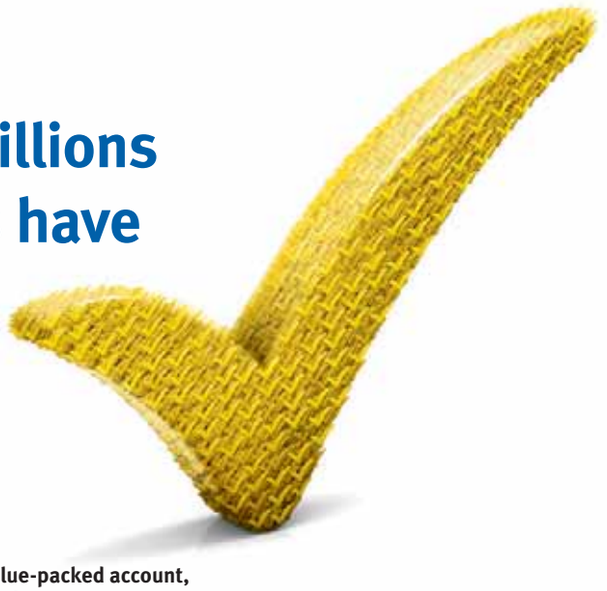

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Grapevines may require patience, but are worth the wait

Vineyards. Look elsewhere if it's low maintenance or fast production you want

Grapes are a great backyard choice if you're seeking delicious juice, some wine to savour or snacks fresh from the vine.

But grapevines need a lot of attention and as many as five years to mature from bare root plants.

"It's less expensive to do grapes than traditional landscaping like shrubs and flowers from an investment viewpoint," said Tom Powers, author of "The Organic Backyard Vineyard" (Timber Press, 2012). "The trade-out is that you have to put in more maintenance time.

Starting a small vineyard also requires planning. Does your preference run to table grapes or wine grapes? American or European cultivars? Do you plan to use chemical pesticides and herbicides or go organic?

Whatever you decide, don't let a lack of space stop you, said Powers, who has designed and installed more than 100 vineyards, primarily around the San Francisco Bay Area.

"If you are simply hoping to plant some table grapes to enjoy for home consumption, you do not need a vineyard," he said. "You can grow grapevines up an arbour, over a fence or against a wall."

Wine grapes, however, should be trained to grow on a trellis. That makes them easier to manage and allows the sun to reach the leaves, which produces good fruit.

"Even a few rows of vines can produce enough grapes to make several hundred bottles of wine every year," Powers said.

Here are some additional grape-growing basics:

Selection/hardiness
Match the grapes to your climate by knowing how many frost-free days they'll need to ripen, Powers said.

Spacing
Vines planted for training on a trellis normally are spaced eight feet apart, while those planted for training on an arbour can be placed four feet apart, said Gary Gao, a small-fruit specialist with Ohio State University Extension.

Soil
Most any kind will do, but the best combines fertility with good drainage.

Sunlight
At least eight hours a day. Photosynthesis uses energy from the sun to convert carbon dioxide to sugar. This is important, Powers said, because sugars are the basic building blocks of the components giving wine its flavour.

Pruning
Once a year when the vines are dormant.

"What you do for accepted growth in summer is pull leaves," Powers said. Strip any part of the leaf canopy that forms around the fruit.

Pest Management
"The first step is to practice prevention. Choose the right location, prepare the soil and select the right rootstock. Maintain the vines properly with adequate water and nutrition. Always use the least toxic method for control of any problem."

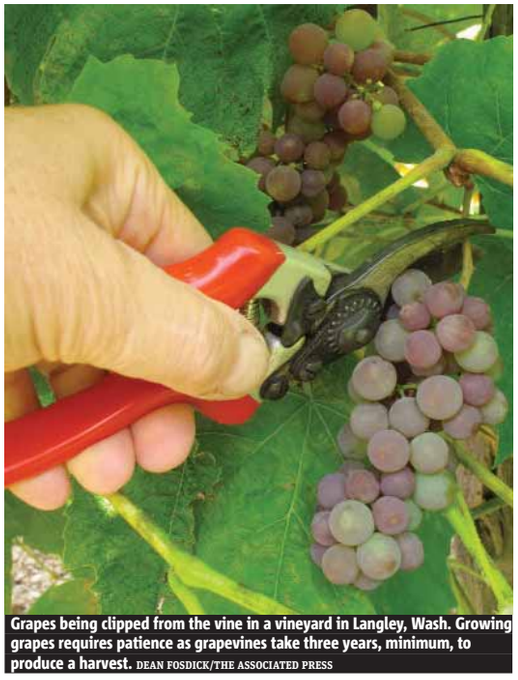
Growing requirements are much the same no matter which grape varieties you choose, Gao said.

Most cultivars were developed for a specific use, although you can work with an all-purpose grape like the Concord, he said.

"Some will eat it as a table grape, but it's not perfect," Gao said. "Others will use it for juice or a wine. It's not a premium wine but it can be consumed. Most would use the concord for jams or jellies."

It probably is best to choose just one variety bred for a specific purpose. "Their flavours are more concentrated," he said. According to Powers, Grapevines require three years, minimum, to produce a harvest. "I tell people five years. Growing grapes teaches patience."

THE ASSOCIATED PRESS



Grapes being clipped from the vine in a vineyard in Langley, Wash. Growing grapes requires patience as grapevines take three years, minimum, to produce a harvest. DEAN FOSDICK/THE ASSOCIATED PRESS

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Shannon and Dean Acheson's Ajax, Ont., dining room. The room includes the couple's hutch project: a hand-me-down hutch atop a dresser found on Kijiji that they refinished. The dining room table was made from old table legs and pallet/skid wood for the table top. THE CANADIAN PRESS/HANDOUT/AKA DESIGN

One person's trash is another's treasure

Upcycling. Looking for ways to renovate with salvaged, and in some cases, free, materials?

With an eye for affordable finds and a shared passion for restoration, Shannon and Dean Acheson's home showcases several pieces they've refurbished with a touch of creativity — and plenty of elbow grease.

Shannon says one of their most memorable do-it-yourself projects involved a dining room hutch received free from a friend of Dean's, which her husband attached to a dresser they found on Kjijji.

They sanded and painted the pieces, then gave them a distressed look by sanding the edges and finishing with a glaze. Half-cup drawer pulls were added and painted along with the knobs that were on the original hutch.

"That was the first piece I think that we really went, 'Wow, we can do this, and really change how something is, and really make something out of what someone else might think of as nothing or impossible,'" recalls Shannon, who partners with Dean on the design blog AKA Design.

The Achesons were among the participants in the Ultimate Upcycle Challenge taking place during the Toronto Fall Home Show. For their contribution, the Achesons transformed an old wooden door into a richly red entryway table, which included incorporating stair spindles, two brackets, crystal doorknobs and furniture and antiquing waxes.

Fellow challenge participant Lisa Canning coated a pair of chrome chair frames with satin black spray paint for a modern edge. She further jazzed up the slim profile seats with a hand-painted chevron pattern in purple, teal and grey. In keeping with the upcycle theme, the Toronto-based interior stylist painted the print on a textured wallpaper remnant from a past client's project.

The mother of three and owner of Lisa Canning Interiors has also put upcycling into practice at home.

Canning's four-month-old son is using an Ikea crib first purchased for her three-year-old son which was spray-painted a soft grey. She says the change not only modernized the piece but also better weaves into the design colour scheme of the room the boys will share as the baby gets older.

For individuals seeking to refurbish a piece, Canning says the first thing to look at is structure and ensuring there's integrity in the frame.

"If you're talking about a hard furniture item, like a chair, for example, or a table, you want to make sure that it hasn't been too horribly exposed to the elements," says Canning, market editor for Dabble Magazine.

"I think with the naked eye many people could get a sense (of): 'Does it look like it's rotting at all? ... Does it feel sturdy?'" she adds. "Screws can be tightened, screws can be adjusted ... but I think testing the overall sturdiness of it is a really big first step."

Both DIYers agree individuals should turn a blind eye to design elements that can be easily altered.

"Look past the colour ... and look past whatever hardware happens to be on it, whether it's something that has knobs or handles. Look past that to the overall shape of it," says Acheson, author of the e-book Welcome Home.

"You can change the colour and you can change the hardware and make it look fabulous." THE CANADIAN PRESS

A red door entry table created by Shannon and Dean Acheson for the Fall Home Show Ultimate Upcycle Challenge. The couple transformed an old door using two stair spindles, two brackets and a few old crystal door knobs from the Habitat Toronto ReStore into an entryway table. THE CANADIAN PRESS/AKA DESIGN

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ORANGEDROP

Sports season is here! Can your laundry keep up?

Cleaning up. Quick tips to gear up for an active fall sports season

After school activities have started to pick-up, especially fall sports leagues.

It's the time of year the family depends on mom the most. In a family with multiple sports teams and endless practices dirty team uniforms can pile up fast.

Stick to cold water

Your child will shine brightly on the field on game day with a crisp uniform and the confidence to go with it.

Keeping sports uniforms bright and vibrant over time is easy with the right tools. Cold water cycles keep colours bright, limit fading, and use less energy than a warm water cycle, helping your family save money.

Become an MVP stain fighter

Stains on sports gear are inevitable so it's a good idea to familiarize yourself with effective treatments.

Grass stains are the toughest and can require a pre-wash scrub with a brush, while mud stains do well with a quick pre-soak. However, with hectic family schedules, there isn't always time to pre-soak grass, dirt and juice box stains in expensive stain removing cleansers.

Use a sports detergent

Pay attention to the fabrics you are working with.

Certain sports uniforms, especially the lower level spandex worn under uniforms, are designed to trap sweat. Switching to a sports-specific detergent that's designed to target sweat, dirt, stains, and odour left on sports gear will lengthen the life of these garments.

Separate sports gear to stay organized

With hectic practice and game schedules, organization is key. Consider having a separate space in your house for sports gear and clothing so you can keep dirty clothes separate from clean ones.

After a game or practice have your child unload and air out their gear — it'll be easier for you if this space is near the laundry room. That way, you can clean their uniforms overnight and put them right back in the sports bag the next morning.

The home team is depending on you and with these tips, you'll be sure to lead your family to fall sports season victory.

NEWS CANADA

The fall sports season is a tough time for kids' laundry. NEWS CANADA

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The house that Teddy built

The Libfeld family's Conservatory Group carries on their father's real estate legacy

KEVIN KELLY

Conservatory Group's owner-operators: the Libfeld brothers (from left) Corey, Jay, Mark and Sheldon. Inset: the late Teddy Libfeld, who started the Markham-based family business five decades ago.

In this new insider real-estate series, the four owner-operators of Conservatory Group — Libfeld brothers Sheldon, Mark, Jay and Corey — will share their first-person insights on the housing market. The family-owned company has been building homes in the GTA for more than 50 years.

Beyond the bricks

The Conservatory Group has always been a family-owned business and always will be, according to the four brothers who run it. Teddy Libfeld, who founded the company in 1960, did not view his business as building houses for customers; rather, he was building homes for family members.

When their father passed away in 2000, the Libfelds stayed true to that business principle. It's "a privilege, not a job," says co-partner Sheldon, to build homes where growing families experience life's memorable moments.

In their series, "The Real State of Real Estate," the Libfeld brothers will offer their informed opinions on the issues that purchasers really need to know about.

Each installment will draw on the brothers' diversified areas of expertise: Sheldon, the general real estate market; Mark, low-rise development; Jay, high-rise development; and Corey, customer care and décor.

The Conservatory Group has more than 20 active development sites across the GTA, which offer numerous housing formats, from low-rise townhomes to high-rise condos, in a range of locations, from the suburbs to the downtown core.

Trinity Village, Brampton

One of these now-available developments is Trinity Village. Situated close to the bustling Trinity Common Mall in Brampton, it's a collection of semi-detached and detached homes in a brand-new neighbourhood.

The fact that those houses are available right now is important to the business, says Sheldon Libfeld. "Whenever we can, we build first and sell after because we want you to be able to walk through, see and experience your actual home before you into the community.

So, what makes Trinity Village "very special," as described by the brothers? It's on the last piece of land that their father purchased for the purpose of establishing a community in which families could live and thrive.

The success of the Conservatory Group can be attributed in great part to their father's vision and planning. Teddy Libfeld had a talent for picking locations that would make great future neighbourhoods.

The company has built more than 75,000 homes in the GTA. "Dad had the foresight to recognize that people would just keep coming and coming to be part of the great big family called 'Toronto," says Sheldon.

The Libfeld family's anecdotes about their father include the story of how he came to Canada in the 1950s after surviving the Holocaust. Canada was not just a land of promise to Teddy Libfeld — it was a place where, as a survivor, he knew he couldn't fail. Warned five decades ago that starting the Conservatory Group would be too risky, Teddy responded, "Risk? What have I got to be afraid of? They don't kill you in this country for trying hard."

A place to call home

In fact, Teddy Libfeld tried very hard and, in establishing his business, made it a point to help people find what he found — security, value and a place to call home. "Trinity Village marks a truly special chapter in the amazing legacy our father left," says Mark Libfeld.

For more information, visit conservatorygroup.com.

This is the first of a six-part series. Look for the next column on Thursday, October 25.

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SPORTS 4

Armstrong through with Livestrong, Nike

Already an outcast in cycling after a massive doping report, Lance Armstrong absorbed hits much closer to home Wednesday: To his wallet and his heart.

Armstrong was dumped by Nike, Anheuser-Busch and other sponsors, and he gave up the top spot at Livestrong, his beloved cancer-fighting charity, a week after an anti-doping agency released evidence of drug use by the seven-time Tour de France winner.

Armstrong stepped down as chairman of Livestrong in an attempt to minimize the damage caused by the U.S. Anti-Doping Agency's report. USADA banned Armstrong from the sport for life and has ordered that his Tour titles be stripped, which could come before the end of the month.

"This organization, its mission and its supporters are incredibly dear to my heart," the cancer survivor said in a statement. "Today therefore, to spare the foundation any negative effects as a result of controversy surrounding my cycling career, I will conclude my chairmanship."

Minutes later, Nike dropped its personal sponsorship contract with him and issued a blistering statement that the company had been duped by his denials over the years.

"Due to the seemingly insurmountable evidence that Lance Armstrong participated in doping and misled Nike for more than a decade, it is with great sadness that we have terminated our contract with him. Nike does not condone the use of illegal performance-enhancing drugs in any manner," the company said.

Armstrong's story of not only recovering from testicular cancer that had spread to his lungs and brain but then winning the world's best-known bike race helped his foundation grow from a small operation in Texas into one of the most popular charities in the U.S.

THE ASSOCIATED PRESS

By the numbers

80M

In 2004 the Livestrong foundation introduced yellow bracelets, selling more than 80 million and creating a global symbol for cancer awareness and survivorship.

Lowry passes 1st pre-season test as Raptors top Wizards

NBA. New point guard returns from injury to spark Toronto offence

Landry Fields scored 15 points and Kyle Lowry had 14 points and six assists in his Raptors debut Wednesday as Toronto defeated the Washington Wizards 104-101 in pre-season play.

Amir Johnson added 13 points, Jose Calderon had 12 points and eight assists, and DeMar DeRozan added 11 points for the Raptors (3-1).

Trevor Booker had 12 points to top the Wizards (1-4), while Emeka Okafor, Martell Webster, Jan Vesely and Bradley Beal had 11 apiece.

The Raptors trailed 77-73 heading into the fourth quarter of a game that had seen 12 lead changes to that point.

Toronto managed to build a three-point lead with a minute left in the game. The Raptors led by a point when Lowry drained two free throws with 13 seconds left to seal it.

Lowry started after missing the first three games of the exhibition schedule — and a good chunk of training camp in Halifax — with a groin injury.

The point guard scored the Raptors' first points of the game off a steal and drive to the hoop, and continued to play with energy and poise for most of the night.

Who will start at point guard has been one of the storylines of training camp, and Calderon came off the bench to do a decent job of running the second unit.

Jonas Valanciunas also continues to generate a buzz with his play just three games into his tenure in Toronto. The big Lithuanian brought his teammates on the bench to their feet with a first-quarter play that saw him pump fake twice before blowing by Okafor for a one-handed dunk.

THE CANADIAN PRESS

Wednesday's game

Raptors	Wizards
104	101

Point guard Kyle Lowry passes the ball in the first half of the Raptors' pre-season game against the Washington Wizards on Wednesday at Air Canada Centre. NATHAN DENETTE/THE CANADIAN PRESS

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NHL. Deal to build new Edmonton arena collapses

The deal to build a new arena for the Edmonton Oilers collapsed Wednesday, with city councillors pointing the finger of blame at Oilers owner Daryl Katz and his last-minute demands for millions more in taxpayers money.

Mayor Stephen Mandel said it was time to send a message.

"It's wrong to hold us up for ransom," said Mandel.

"This is not a council that said, 'Don't do a deal' — but what do we do when we have a partner that says, 'We want more money and you pay for it,'" he said.

"I'm not saying we should say no to Mr. Katz, but all the information that I've had an opportunity to see does not justify council giving him another six million dollars a year."

Mandel made the comments after councillors voted unanimously to walk away from the deal agreed to last year with Katz to build the $475-million arena, starting in 2013.

Katz was not in council chambers when the decision was reached. He has been asked twice in recent weeks to meet with council in public to resolve the negotiating logjam but has refused, saying the two sides are so far apart there's no reason to meet.

Mandel said he can't judge the merits of the demand because the Oilers have not made their case.

"I don't know what else we do. I'm not sure where we go," said Mandel.

Katz officials were not immediately available for comment.

THE CANADIAN PRESS

Deal-breaker

- The original deal had taxpayers and ticket-buyers building the rink with the Oilers spending about $15 million a year in lease payments and operating costs and keeping almost all the profits.
- It went off the rails a month ago when Katz said he'd had a second look at the numbers and needed millions more, including $6 million a year in operating subsidies for the arena.

NHL talks entering make-or-break stage

Lockout. NHLPA expected to deliver a counter-proposal to league's offer today

As the NHL's labour dispute went on display for public viewing, it underscored the importance of the next week in negotiations.

The league's latest collective bargaining offer to the NHL Players' Association — surprisingly released in full by the NHL on Wednesday — came with an attached warning about the consequences of failing to reach an agreement by Oct. 25.

In a document that was delivered to the union along with Tuesday's 10-point proposal, the NHL indicated it couldn't "responsibly" offer more than the 50-50 split of revenues and other items it was tabling. It also sought to add some urgency to the talks.

"Delay (beyond Oct. 25) will necessarily leave us with an abbreviated season and will require the cancellation of signature NHL events," it read, making a clear reference to the Jan. 1 Winter Classic game.

"Failure to reach a prompt agreement will also have other significant and detrimental impacts on our fans, the game, our clubs, our business and the communities in which we play. All of this will obviously necessitate changes to this offer in the event we are unsuccessful in saving a full season."

Donald Fehr, the NHLPA's executive director, spent Wednesday examining the proposal along with union staff and was expected to deliver a counter-offer when the sides resumed negotiations on Thursday.

They have just one week to reach a deal that would see an 82-game schedule start on Nov. 2 — the latest commissioner Gary Bettman said it could get underway with the Stanley Cup still being awarded in June.

While some players continued to express cautious optimism, Fehr didn't seem quite as enthusiastic.

In a letter sent to his membership and player agents, which was leaked to TSN on Wednesday, Fehr wrote that the offer "represents very large, immediate and continuing concessions by players to owners."

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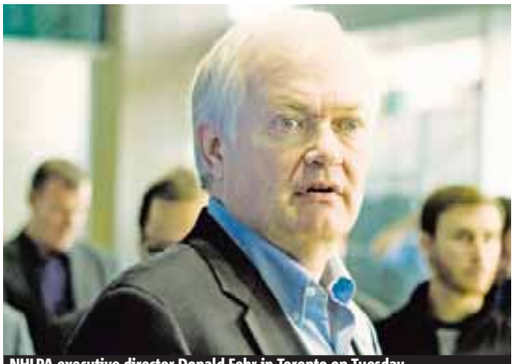

NHLPA executive director Donald Fehr in Toronto on Tuesday.
THE CANADIAN PRESS

Not mincing words

"This proposal is our best attempt to save an 82-game 2012-13 season, and is, in fact, the best we can responsibly do."

A league statement to the players' union

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Kissing Bandit sets sail again with Argos

Comeback. Two-time all-star defensive lineman Belli comes out of retirement to rejoin Toronto club

Adriano Belli kisses an Argo cheerleader at his retirement announcement in Toronto aboard a tall ship in May 2011. TORSTAR NEWS SERVICE FILE

The Kissing Bandit is back with the Toronto Argonauts.

The CFL club added defensive lineman Adriano Belli to its practice roster Wednesday.

Belli, dubbed "The Kissing Bandit" because he routinely kisses people he meets on the cheek, retired from the CFL prior to the 2011 campaign after 10 seasons, spending his final four years with the Argos.

"We searched the CFL for a Canadian defensive lineman that would fit our system," Argos GM Jim Barker said in a statement. "We felt that if Adriano wanted to play and was in good shape, then he could be that guy for us.

"We're happy to have him join our practice roster and be back in Double Blue."

The 35-year-old Belli was a CFL all-star in '05 and twice an East Division all-star (2005, '07). He won a Grey Cup in 2002 with Montreal. He appeared in 140 career games, registering 209 tackles and 28 sacks. Last year, the Toronto native helped Canada win a silver medal at the senior world football championship in Austria.

"I truly think CFL quarterbacks missed me, and I missed them," Belli said. "I feel like a rookie again.

"My body feels great and I'm ready to play. Playing in the world championship last year reminded me how much I love the game, and I think this Argos team has a real chance to be in the Grey Cup game right in here my hometown."

The Argos also signed linebacker Jerome Boyd and receiver Chansi Stuckey while releasing offensive lineman Jake Anderson, kicker-punter Josh Jasper and defensive linemen Ayanga Okpokowuruk to their practice roster.

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Canada to pay a high price for humiliating loss in Honduras

Soccer. Veteran players likely to retire while growing enthusiasm among public may be hurt with no matches for fans to attend

Canadian soccer officials had hoped to be in Miami on Thursday, meeting with CONCACAF officials to map out the final round of World Cup qualifying.

Instead, in the wake of a humiliating 8-1 defeat in Honduras, they find themselves forced to do yet another post-mortem on the men's soccer program.

Coach Stephen Hart is likely gone. A decent man who holds the affection and respect of his players, Hart will no doubt pay the price for what happened in Honduras.

The embarrassing qualifying exit will also no doubt trigger the retirement of some key players on the Canadian squad. With the next World Cup qualifying cycle years away, players based in Europe or nearing the end of their club career are unlikely to go through the rigours of international football for a team that has nothing to play for.

After a 15-year absence from the final round of qualifying in the region, Canada seemed poised to return to CONCACAF's elite level.

One of the teams in their group, Cuba, was a weak sister. Hart correctly pointed to Panama as the strongest side in the group but Honduras seemed a possible target.

In the past, lack of success at home snuffed out Canadian chances. This time, Canada took seven of nine points from three games at BMO Field.

But a 0-0 home tie in June against the Hondurans was a killer. Had Canada won at BMO Field, Tuesday's game in Honduras would have been rendered meaningless.

Quoted

"We could have and should have (had) it wrapped up before it even got to this game"

Canadian captain Kevin McKenna on Canada failing to win a key home game that could have rendered Tuesday's game meaningless

Making the final round would have meant a 10-game qualifying campaign for Canada plus a chance to showcase the sport and perhaps capture the kind of public wave of enthusiasm that engulfed the women's side during the Olympics.

"Crucial for us," Peter Montopoli, general secretary of the Canadian Soccer Association, said last week about making the final round.

"For us to advance to the next round, it gives us a full competition schedule.... We've seen the interest now over the last two years of what playing home matches can do. And if we can have five matches at home in 2013, it raises the significance, the relevancy of the team to the highest level possible, and we know the country will be cheering them on as they were watching the women's team."

File that in Canadian soccer's extensive "Might Have Been" archive.

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Followed by teammates, Canada's Iain Hume walks off the pitch after losing 8-1 to Honduras on Tuesday. ESTEBAN FELIX/THE ASSOCIATED PRESS

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MAJOR LEAGUE BASEBALL

LEAGUE CHAMPIONSHIP SERIES

(BEST-OF-7)

AMERICAN LEAGUE

N.Y. YANKEES VS. DETROIT

(Detroit leads series 3-0)

Wednesday's result
N.Y. Yankees at Detroit (ppd., rain forecast)
Tuesday's result
Detroit 2 N.Y. Yankees 1
Sunday's result
Detroit 3 N.Y. Yankees 0
Saturday's result
Detroit 6 N.Y. Yankees 4 (12 innings)
Thursday's game
N.Y. Yankees (Sabathia 15-6) at Detroit (Scherzer 16-7), 4:07 p.m.
Friday's game
x-N.Y. Yankees (Pettitte 5-4) at Detroit (Fister 10-10), TBA
Saturday's game
x-Detroit (Sanchez 4-6) at N.Y. Yankees (Kuroda 16-11), 8:07 p.m.
Sunday's game
x-Detroit (Verlander 17-8) at N.Y. Yankees (Sabathia 15-6), 8:07 p.m.

NATIONAL LEAGUE

SAN FRANCISCO VS. ST. LOUIS

(Series tied 1-1)

Wednesday's result
San Francisco at St. Louis
Monday's result
San Francisco 7 St. Louis 1
Sunday's result
St. Louis 6 San Francisco 4
Thursday's game
San Francisco (Zito 15-8) at St. Louis (Wainwright 14-13), 8:07 p.m.
Friday's game
San Francisco (Bumgarner 16-11) at St. Louis (Lynn 18-7), 8:07 p.m.
Sunday's game
x-St. Louis (Carpenter 0-2) at San Francisco (Vogelsong 14-9), 4:37 p.m.
Monday, October 22
x-St. Louis (Lohse 16-3) at San Francisco (Cain 16-5), 8:07 p.m.
x — played only if necessary.

LATE TUESDAY

TIGERS 2, YANKEES 1

N.Y. Yankees	ab	r	h	bi	Detroit	ab	r	h	bi
Gardner lf	4	0	0	0	Jackson cf	3	0	1	0
Suzuki rf	4	0	2	0	Berry lf	3	1	1	0
Teixeira 1b	4	0	1	0	Garcia ph-rf	1	0	1	0
Nix pr	0	0	0	0	Cabrera 3b	3	0	1	1
Cano 2b	4	0	1	0	Fielder 1b	3	0	0	0
Ibanez dh	4	0	0	0	Young dh	3	1	1	1
Martin c	3	0	0	0	Dirks rf-lf	3	0	0	0
Chavez 3b	3	0	0	0	Peralta ss	4	0	0	0
Granderson cf	3	0	0	0	Avila c	4	0	1	0
Nunez ss	3	1	1	1	Infante 2b	4	0	1	0
Totals	**32**	**1**	**5**	**1**	**Totals**	**31**	**2**	**7**	**2**
N.Y. Yankees						**000**	**000**	**001**	**—1**
Detroit						**000**	**110**	**00x**	**—2**

E—Chavez. LOB—Detroit 10, New York 4. DP—New York 1. 2B—Cabrera (1). HR—Young (2). Nunez (1). SB—Infante (1), Berry (1).

N.Y. Yankees	IP	H	R	ER	BB	SO
Hughes L, 0-1	3	3	1	1	3	1
Phelps	1	2	1	0	0	0
Rapada	2-3	0	0	0	1	0
Eppley	2-3	1	0	0	1	1
Logan	2 1-3	1	0	0	0	1
Chamberlain	1-3	0	0	0	0	0
Detroit						
Verlander W, 1-0	8 1-3	3	1	1	0	3
Coke S, 2	2-3	2	0	0	0	1

D.Phelps pitched to 2 batters in the 5th
PB—Martin. **Umpires**—Home, Sam Holbrook; First, Jeff Nelson; Second, Gary Cederstrom; Third, Mike Winters.
T—3:28. **A**—42,970 (41,255) at Detroit.

AHL

Wednesday's result
Peoria at Chicago
Tuesday's result
Binghamton 3 Rochester 1
Thursday's games
No Games Scheduled.
Friday's games — All Times Eastern
Adirondack at St. John's, 6 p.m.
Syracuse at Albany, 7 p.m.
Providence at Manchester, 7 p.m.
Worcester vs. Portland (at Lewiston, Maine), 7 p.m.
Wilkes-Barre/Scranton at Springfield, 7 p.m.
Hershey at Binghamton, 7:05 p.m.
Grand Rapids at Rochester, 7:05 p.m.
Toronto at Hamilton, 7:30 p.m.
Connecticut at Norfolk, 7:30 p.m.
Charlotte at Milwaukee, 8 p.m.
San Antonio at Oklahoma City, 8 p.m.
Texas at Houston, 8:05 p.m.
Rockford at Peoria, 8:05 p.m.
Chicago at Abbotsford, 10 p.m.

NBA

PRE-SEASON

Wednesday's results
Washington at Toronto
Cleveland at Philadelphia
Memphis at Houston
Phoenix at Dallas
Golden State at Sacramento
Denver at Portland
Utah at L.A. Clippers
Tuesday's results
Brooklyn 97 Boston 98
Chicago 100 Milwaukee 94
Detroit 112 Orlando 86
Indiana 102 Atlanta 98
Minnesota 114 Maccabi Haifa (Israel) 81
Oklahoma City 120 Charlotte 98
At Anaheim, Calif.
Utah 114 L.A. Lakers 80
Thursday's games — All Times Eastern
New Orleans at Atlanta, 7:30 p.m.
Detroit at Miami, 7:30 p.m.
Memphis vs. Milwaukee (at La Crosse, Wisc.), 8 p.m.
Boston at Brooklyn, 8 p.m.
Friday's games
New York vs. Toronto (at Montreal), 7 p.m.
Indiana at Orlando, 7 p.m.
Philadelphia at Brooklyn, 7:30 p.m.
Minnesota at Chicago, 8 p.m.
Phoenix vs. Oklahoma City (at Tulsa, Okla.), 8 p.m.
Sacramento vs. L.A. Lakers (at Las Vegas), 10 p.m.
Golden State at Portland, 10 p.m.

TENNIS

ATP-WTA KREMLIN CUP

At Moscow
Men
Singles — First Round
Konstantin Kravchuk, Russia, def. Evgeny Korolev, Kazakhstan, 6-4, 6-3.
Igor Sijsling, Netherlands, def. Michael Berrer, Germany, 7-6 (7), 6-3.
Women
Singles — First Round
Dominika Cibulkova (5), Slovakia, def. Ekaterina Makarova, Russia, 2-6, 6-4, 6-2.
Tsvetana Pironkova, Bulgaria, def. Varvara Lepchenko, U.S., 6-0, 7-6 (3).
Vesna Dolonc, Serbia, def. Galina Voskoboeva, Kazakhstan, 1-6, 6-1, 6-4.

ATP STOCKHOLM OPEN

At Stockholm
Singles
Second Round
Nicolas Almagro (3), Spain, def. Marius Copil, Romania, 6-4, 7-6 (4).
Ricardas Berankis, Lithuania, def. Florian Mayer (4), Germany, 4-6, 6-4, 6-2.
Mikhail Youzhny (6), Russia, def. Patrik Rosenholm, Sweden, 6-0, 6-2.
Lleyton Hewitt, Australia, def. Jarkko Nieminen (8), Finland, 7-6 (2), 2-6, 6-4.

WTA BNP LUXEMBOURG OPEN

At Luxembourg
Singles — First Round
Daniela Hantuchova, Slovakia, def. Arantxa Rus, Netherlands, 3-6, 6-4, 6-1.
Anne Keothavong, Britain, def. Kiki Bertens, Netherlands, 6-2, 6-2.
Ksenia Pervak, Kazakhstan, def. Vera Dushevina, Russia, 6-3, 7-6 (2).
Andrea Petkovic, Germany, def. Garbine Muguruza, Spain, 4-6, 6-2, 6-1.
Second Round
Lourdes Dominguez Lino, Spain, def. Magdalena Rybarikova, Slovakia, 6-2, 6-3.
Lucie Hradecka, Czech Republic, def. Annika Beck, Germany, 6-1, 6-1.
Doubles — Quarter-finals
Andrea Hlavackova and Lucie Hradecka (1), Czech Republic, def. Lara Arruabarrena-Vecino and Lourdes Dominguez Lino, Spain, 6-7 (2), 7-6 (8), 10-5.
Irina-Camelia Begu and Monica Niculescu (2), Romania, def. Kiki Bertens and Arantxa Rus, Netherlands, 6-4, 6-3.

ATP ERSTE BANK OPEN

At Vienna, Austria
Singles — First Round
Donald Young, U.S., def. Fabio Fognini (5), Italy, 7-6 (8), 6-3.
Dominic Thiem, Austria, def. Lukas Lacko, Slovakia, 7-6 (3), 6-3.
Ernests Gulbis, Latvia, def. Somdev Devvarman, India, 7-6 (6), 6-3.
Second Round
Juan Martin del Potro (1), Argentina, def. Daniel Brands, Germany, 6-7 (5), 7-6 (4), 7-6 (6).
Gilles Muller, Luxembourg, def. Jurgen Melzer (4), Austria, 6-3, 3-6, 7-6 (4).
Doubles — First Round
Julian Knowle, Austria, and Filip Polasek (2), Slovakia, def. Fabio Fognini, Italy, and David Marrero, Spain, 5-7, 6-4, 10-7.
Janko Tipsarevic, Serbia, and Alexander Waske, Germany, def. Matthew Ebden and Marinko Matosevic, Australia, 6-4, 6-3.

SOCCER

MLS

EASTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-Kansas City	17	7	8	59	40	26
x-Chicago	17	10	5	56	45	39
D.C.	16	10	6	54	49	40
New York	15	9	8	53	54	46
Houston	13	8	11	50	45	38
Columbus	14	11	7	49	40	40
Montreal	12	15	5	41	45	50
Philadelphia	10	15	6	36	35	37
New England	7	17	8	29	37	44
Toronto	5	20	7	22	35	60

WESTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-San Jose	19	6	7	64	69	40
x-Real Salt Lake	17	11	4	55	46	35
x-Seattle	14	7	10	52	48	31
x-Los Angeles	15	12	5	50	56	45
Vancouver	11	12	9	42	35	40
FC Dallas	9	12	11	38	39	42
Colorado	9	19	4	31	40	50
Portland	7	16	9	30	32	55
Chivas USA	7	17	8	29	22	54

x — clinched playoff berth.
Wednesday's result
Real Salt Lake at Seattle
Saturday's games — All Times Eastern
Montreal at Toronto, 1:30 p.m.
Kansas City at New York, 7 p.m.
Columbus at D.C., 7:30 p.m.
Chicago at New England, 7:30 p.m.
Philadelphia at Houston, 7:30 p.m.
Colorado at Chivas USA, 10:30 p.m.
Sunday's games
Portland at Vancouver, 7 p.m.
Los Angeles at San Jose, 7 p.m.
Dallas at Seattle, 9 p.m.

2014 WORLD CUP QUALIFYING

NORTH, CENTRAL AND CARIBBEAN ZONE

x — clinched berth in regional final

GROUP A

	GP	W	D	L	GF	GA	Pt
x-U.S.	6	4	1	1	11	6	13
x-Jamaica	6	3	1	2	9	6	10
Guatemala	6	3	1	2	9	8	10
Antigua	6	0	1	5	4	13	1

Tuesday's results
At Kingston, Jamaica
Jamaica 4 Antigua 1
At Kansas City, Kan.
U.S. 3 Guatemala 1

GROUP B

	GP	W	D	L	GF	GA	Pt
x-Mexico	6	6	0	0	15	2	18
x-Costa Rica	6	3	1	2	14	5	10
El Salvador	7	1	2	4	8	18	5
Guyana	5	0	1	4	5	17	1

Tuesday's results
At San Jose, Costa Rica
Costa Rica 7 Guyana 0
At Torreon, Mexico
Mexico 2 El Salvador 0

GROUP C

	GP	W	D	L	GF	GA	Pt
x-Honduras	6	3	2	1	12	3	11
x-Panama	6	3	2	1	6	2	11
Canada	**6**	**3**	**1**	**2**	**6**	**10**	**10**
Cuba	6	0	1	5	1	10	1

Tuesday's results
At San Pedro Sula, Honduras
Honduras 8 **Canada 1**
At Havana
Panama 1 Cuba 1

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	3	3	0	.500	188	137
N.Y. Jets	3	3	0	.500	133	141
Miami	3	3	0	.500	120	117
Buffalo	3	3	0	.500	137	192

SOUTH

	W	L	T	Pct	PF	PA
Houston	5	1	0	.833	173	115
Indianapolis	2	3	0	.400	100	145
Tennessee	2	4	0	.333	114	204
Jacksonville	1	4	0	.200	65	138

NORTH

	W	L	T	Pct	PF	PA
Baltimore	5	1	0	.833	161	118
Cincinnati	3	3	0	.500	149	163
Pittsburgh	2	3	0	.400	116	115
Cleveland	1	5	0	.167	134	163

WEST

	W	L	T	Pct	PF	PA
Denver	3	3	0	.500	170	138
San Diego	3	3	0	.500	148	137
Oakland	1	4	0	.200	87	148
Kansas City	1	5	0	.167	104	183

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	4	2	0	.667	178	114
Philadelphia	3	3	0	.500	103	125
Washington	3	3	0	.500	178	173
Dallas	2	3	0	.400	94	119

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	6	0	0	1.000	171	113
Tampa Bay	2	3	0	.400	120	101
Carolina	1	4	0	.200	92	125
New Orleans	1	4	0	.200	141	154

NORTH

	W	L	T	Pct	PF	PA
Chicago	4	1	0	.800	149	71
Minnesota	4	2	0	.667	146	117
Green Bay	3	3	0	.500	154	135
Detroit	2	3	0	.400	126	137

WEST

	W	L	T	Pct	PF	PA
Arizona	4	2	0	.667	110	97
San Francisco	4	2	0	.667	152	94
Seattle	4	2	0	.667	110	93
St. Louis	3	3	0	.500	110	111

WEEK SIX

Monday's result
Denver 35 San Diego 24
Sunday's results
Miami 17 St. Louis 14
Baltimore 31 Dallas 29
Atlanta 23 Oakland 20
Tampa Bay 38 Kansas City 10
N.Y. Jets 35 Indianapolis 9
Detroit 26 Philadelphia 23
Cleveland 34 Cincinnati 24
Seattle 24 New England 23
Buffalo 19 Arizona 16
Washington 38 Minnesota 26
N.Y. Giants 26 San Francisco 3
Green Bay 42 Houston 24
Thursday, October 11
Tennessee 26 Pittsburgh 23

WEEK SEVEN

Thursday's game
All Times Eastern
Seattle at San Francisco, 8:20 p.m.
Sunday's games
Tennessee at Buffalo, 1 p.m.
Baltimore at Houston, 1 p.m.
Cleveland at Indianapolis, 1 p.m.
Arizona at Minnesota, 1 p.m.
Dallas at Carolina, 1 p.m.
Green Bay at St. Louis, 1 p.m.
Washington at N.Y. Giants, 1 p.m.
New Orleans at Tampa Bay, 1 p.m.
Jacksonville at Oakland, 4:25 p.m.
N.Y. Jets at New England, 4:25 p.m.
Pittsburgh at Cincinnati, 8:20 p.m.
Monday, October 22
Detroit at Chicago, 8:30 p.m.

CFL

WEEK 16

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Montreal	15	9	6	0	406	417	18
Toronto	15	7	8	0	339	381	14
Hamilton	15	5	10	0	438	481	10
Winnipeg	15	4	11	0	295	460	8

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-B.C.	15	11	4	0	402	288	22
x-Calgary	15	9	6	0	430	350	18
Saskatchewan	15	8	7	0	397	327	16
Edmonton	15	7	8	0	351	354	14

Saturday's results
Calgary 32 Winnipeg 21
Edmonton 37 Saskatchewan 20
Sunday's result
Montreal 24 Toronto 12
WEEK 17
Friday's games — All Times Eastern
Winnipeg at Toronto, 7 p.m.
Edmonton at B.C., 10 p.m.
Saturday's games
Montreal at Saskatchewan, 3:30 p.m.
Hamilton at Calgary, 7 p.m.

TRANSACTIONS

MLB

AMERICAN LEAGUE

DETROIT TIGERS — Traded RHP Marcelo Carreno to the Chicago Cubs to complete an earlier trade.
TORONTO BLUE JAYS — Claimed OF Scott Cousins off waivers from Miami and RHP Cory Wade from the N.Y. Yankees.

NATIONAL LEAGUE

MILWAUKEE BREWERS — Announced RHP Livan Hernandez and C Yorvit Torrealba have refused outright assignments and elected to become free agents.

CFL

LEAGUE OFFICE — Fined Hamilton DB Dee Webb an undisclosed amount for his actions during Friday's game.
TORONTO ARGONAUTS — Added DL Adriano Belli to the practice roster.

NHL

DALLAS STARS — Assigned D Hubert Labrie to Idaho (ECHL).
TORONTO MAPLE LEAFS — Assigned F Sam Carrick to Idaho (ECHL).

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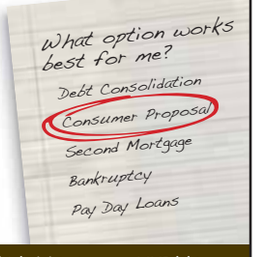

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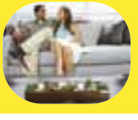

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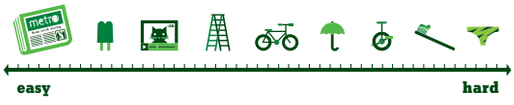

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* Marriage
* Divorce
* Court
* Business
* Jealousy
* Kids
* Enemy
* Job Etc.
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Horoscopes

♈ Aries
March 21 - April 20
Something apparently random will happen today but if you look a little closer and dig a little deeper, you will find there is a reason for it. Could it be someone is trying to disrupt your plans? Yes it could.

♉ Taurus
April 21 - May 21
Try not to make too big a deal of your differences with neighbours and work colleagues. The more you focus on negative things, the more power you give them. Remember: Laughter is usually the best healer.

♊ Gemini
May 22 - June 21
Promise yourself now that no matter what happens over the next 24 hours, you will not overreact. Take life as it comes and make the best of whatever situation you happen to find yourself in. No, the world isn't ending.

♋ Cancer
June 22 - July 23
You are finding it hard to cope with changes that are not of your making. The good news is that someone you meet today will cheer you up and brighten your outlook considerably. Stop worrying about little things.

♌ Leo
July 24 - Aug. 23
What at first looks like a setback will later reveal itself to be good fortune in disguise. Little things may go wrong in the short term, but over the longer haul they usually come right for you. Life's like that.

♍ Virgo
Aug. 24 - Sept. 23
No one is perfect, least of all you. The mistake you are making is that you want to live up to standards that are too high to maintain for more than a few minutes, even for a Virgo. You're only human.

♎ Libra
Sept. 24 - Oct. 23
Don't make too many plans over the next few days because you will most likely have to change them when the Sun leaves your sign on the 23rd. The best plan is no plan at all. Take each moment as it comes.

♏ Scorpio
Oct. 24 - Nov. 22
You may feel a bit insecure but the good news is this phase will pass — and soon. In a matter of days, you will realize you had nothing to worry about. Life is good and getting better by the minute.

♐ Sagittarius
Nov. 23 - Dec. 21
For some reason, you don't want others to know what you have been up to. Was it really that bad? Don't be too secretive though or you may arouse the curiosity of rivals as well as friends — and that's dangerous.

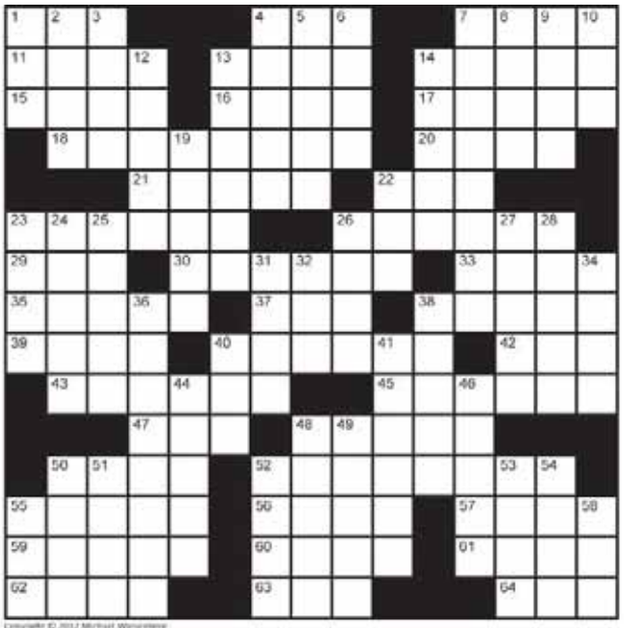
♑ Capricorn
Dec. 22 - Jan. 20
You will come into some interesting information today, the kind of information that you may be able to use to make yourself look good. But you must not use it to make someone else look bad — that's not nice.

♒ Aquarius
Jan. 21 - Feb. 19
You have nothing to prove. No, really, nothing at all. Both at home and at work, the people who count know what you can do and know that you will never let them down. That's not the Aquarian way.

♓ Pisces
Feb. 20 - March 20
Use your good-natured charm to convince a friend or colleague that they really should change their ways for the better. You don't have to come over all moralistic about it but you do need to highlight their errors. SALLY BROMPTON

Start With a Motoring Group

BY MICHAEL WIESENBERG



Across
1. Canadian map dispensers: initialism
4. ___ la la
7. Pit at a rock concert
11. A/C capacity measures
13. Like most colleges
14. Christmas visitor
15. Pepsi or Coke
16. Scots Gaelic
17. Fields of learning
18. Alberta's second-largest city
20. Clenched hand
21. Chose to join, with "in"
22. Bring home after expenses
23. Middle Eastern market
26. Harper group
29. Pub favorite
30. PM Pearson
33. Cat's call
35. Bums
37. Fib
38. Earth or land: Fr.
39. Breaking waves
40. Northern Canada land feature
42. "A girl" or "a boy" preceder
43. More moronic
45. ___ *Goes to Camp:* 1987 Jim Varney comedy
47. Gay Nineties or Roaring Twenties
48. Mr. ____: nearsighted cartoon character with Jim Backus's voice
50. Baseball team
52. Ontario neighbour
55. Lack of fighting
56. One of many on a computer desktop
57. William Lyon Mackenzie ___: 10th PM
59. Eggs on
60. "Told you I could do it!"
61. "Fifth Avenue" store
62. Audience's expressions of disapproval
63. Foot digit
64. Occupied a chair

Down
1. *This Hour Has 22 Minutes* network
2. Dip ___ in the water: test bath temperature (2 wds.)
3. "We'll take a cup of kindness yet for ___ lang syne"
4. Cake often made with ground nuts
5. Do a lawn job
6. Mideast Gulf
7. ___ Provinces: they're on the Atlantic
8. Individual units
9. Baseball figure, for short
10. Owns
12. American ___: Pacific Ocean territory
13. Midpoint
14. Toronto-born *60 Minutes* regular Morley
19. October birthstones
22. And not
23. Comments often uttered by Ebenezer Scrooge
24. Audible
25. Striped equine
26. Started a golf hole, with "off"
27. Like many a Stephen King novel
28. Alphabetizes, for example
31. Aspersion
32. *Cat on a Hot ___ Roof*
34. AB's and BC's place in Canada, directionally
36. Transgressions
38. Fortune teller's 22-card deck
40. Black or green drink
41. Provincial capital whose name means "queen"
44. Forest constituents
46. Breakfast spots
48. Chinese gambling mecca west of Hong Kong
49. Negative end of a battery
50. Rome's fiddling emperor
51. Othello's betrayer
52. Catcher's glove
53. Slant
54. Ottawa-born singer of Lonely Boy
55. Tavern
58. Canada's national levy, for short

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

		7				3	2	
6	8						4	
			9		5	1		
		8			1	9		5
			4		3			
3		6	8			4		
		2	6		7			
	1						9	4
	6	5				7		

Yesterday's Sudoku

Today 18°/8° Rain 90%
Friday 15°/8° Partly cloudy
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TWN incorporates MSC data

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Horsepower	**148 hp**	140 hp
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Cargo Volume	**420L**	353L
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SE with Tech. shown

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